

MARCH 25 CENTS What Kind of Girls Smoke?

Physical Culture

How I Cured
"Nerves"



"How I've Kept
My Beauty"
Despite Motherhood

Birth Control
A Two Edged
Sword?

CHIROPRACTIC

Consists Entirely of Adjusting the Movable
Segments of the Spinal Column
to Normal Position

WHAT DO INTELLIGENT INVESTIGATORS THINK OF CHIROPRACTIC?

The profession of Chiropractic, now legally recognized in many states and foreign countries as a distinct method or school of healing, has emerged from the conquest waged by medical tyranny with bells on, so to speak. The result has been favorable to this new profession and helpful to the people who are determined to break away from fossilized ideas and practices established and perpetuated by the medical fraternity.

But Osteopathy and even Christian Science had the same fight to make a few years ago—and won. To the orthodox physician of the so-called ethical or regular school, the pill box and knife are the only symbols of health. The decrease in drug consumption by the people of the United States has been followed by an increase in the use of toilet articles—soaps, dentifrices and other cleaners and preservers of the human body. It is in the most illiterate sections of the country where sanitary conditions are not enforced that the patent medicine man and the pill giver gets in his work—being ably assisted by the country newspapers, conspicuous mainly by the large amount of quack advertisements they print. The smaller papers are in turn reinforced by the big city papers whose columns literally reek with impossible cures and bought testimonials.

The most difficult thing about Chiropractic to the average mind is the name—and even that is not difficult when understood; in fact, the word has a rather classical derivation, being from the Greek, and means, primarily, to do by the hand—hand manipulation; or, as Mr. Webster defines it, “a system of healing that treats diseases by manipulation of the spinal column.”

But probably the most practical and informative definition given of Chiropractic was given by the Supreme Court of Arkansas in one of its notable opinions. This definition is reprinted in part from Volume 101, page 596, of the Arkansas State Report and is as follows:

CHIROPRACTIC (KI-RO-PRAK-TIC)

“The science and art of adjusting, by hand, the displacement of whatsoever character that may occur in the human body. * * * The Chiropractor is a mechanic whose duty it is to see that the human anatomy is in perfect working order.”

The late Elbert Hubbard was a believer in Chiropractic and personally investigated its claims. In his book, “The Science of Keeping Well,” he said:

“Above all things a good Chiropractor has faith in Nature. He does not make the proud boast that he cures people. He knows that it is Nature that heals. All the Chiropractor can do is to put his patient in line with the healing forces of Nature. Chiropractic never brings an adverse result. The Chiropractor does not pin his faith in any single panacea.

“He simply knows the physical fact that a pressure of bone on the nerves brings about a condition where the telegraph system fails to act properly. With skilled manipulation by hand he brings about right relationship and proper adjustment. He finds the cause and removes it. Chiropractors are not Doctors of Medicine. From them we get a new science which is adding greatly to the happiness and welfare of the world.”

If Chiropractic needed any defense the fact that Charles Schwab, president of the Bethlehem Steel Corporation; Clara Barton, mother of the Red Cross; Opie Read, the novelist; Miller Reese Hutchinson of the Edison laboratories; John Temple Graves, editor of the New York American; Christy Mathewson; Former Governor Hoard, of Wisconsin; Elbert Hubbard; ministers, congressmen and athletes galore, have found merit in the profession is sufficient.
—Excerpt from Texas Magazine, August, 1917.

NOTE.—Since the publication of this article in the Texas magazine in 1917, there has been a substantial increase in the number of Chiropractic practitioners, while thousands of other celebrities have been added to the list of those who have tried Chiropractic with wonderful results.

UNIVERSAL CHIROPRACTORS' ASSOCIATION
DAVENPORT, IOWA, U. S. A.

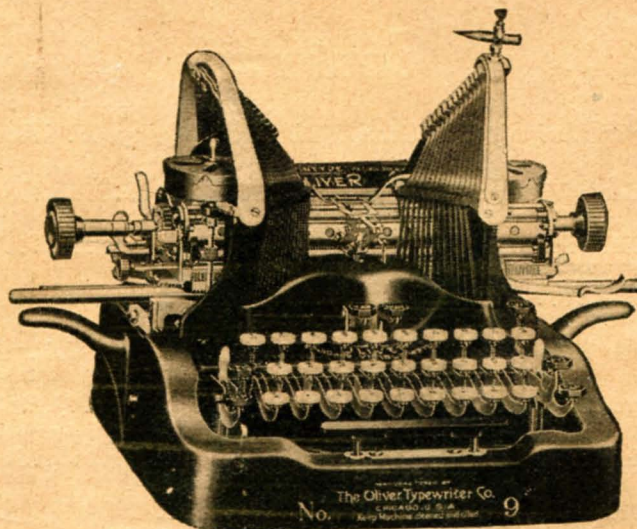
Information regarding Chiropractic Schools and Practitioners furnished on request

Have You Learned to Typewrite Yet?

Universal typing is *here*. People are abandoning the slow, tiring task of long-hand writing. How long are you going to cling to it, in this world of advancement? Everybody dislikes to receive long-hand letters. And everyone shirks at correspondence when it has to be done the old-fashioned, tiring way. So join the progressive throng—get a typewriter NOW.

Free Trial

We ship the Oliver for five days' free trial. Let it sell itself. Or send it back.



14 Months To Pay

Pay for this Oliver while you use it. Only \$4 per month and you soon own it.

\$49.50 or \$100? Which would you rather pay for a standard typewriter?

For 25 years all standard typewriters have been priced at \$100 or over and still are—except the Oliver.

It is the only standard typewriter selling at half. It is the only standard, \$100 typewriter being marketed direct from the factory.

Were it not for this simplified selling plan, the price of the Oliver would also be \$100 or over. For it is the same fine machine, the finest model we have ever built. Over 900,000 have been sold.

We simply sell the identical \$100 Oliver direct from the factory, and subtract all the extravagances of complicated selling. We have found that it is needless to maintain a high army of salesmen and agents. We have found it unnecessary to sustain a costly chain of branch offices in over 50 cities.

The \$50.50 you save is the sum that it would cost us to sell the Oliver the roundabout way. Plus a saving made because of the volume of business created by our plan.

Send No Money

We let the Oliver sell itself. We ship it to you for free trial. Then you can compare it with other standard typewriters at \$100 or over.

Some of the Famous Users:

New York Central Lines, Hart, Schaffner & Marx, U. S. Steel Corporation, N. Y. Edison Co., National Cloak & Suit Co., Morris & Co.—and hundreds of others.

You become your own salesman. You are the sole judge. No anxious solicitor will urge you. In the privacy of your own office or home you can decide for or against the Oliver.

If you want to own it, send us \$49.50 cash. Or if you wish to pay for it in installments, send us \$3 after the trial period, then \$4 per month until \$55 is paid.

You can readily appreciate that it takes a super-typewriter to sell itself.

No test could be severer. Remember, there need be no fluent salesman to urge you.

If you decide against the Oliver, ship it back at our expense. We even refund the outgoing transportation charges, so that you do not risk one cent in the test.

Now we ask you, would you rather pay \$50.50 additional and not get a finer typewriter? Would you care to support a \$100 price for the Oliver, and get nothing tangible in return?

Or don't you agree that our new way of selling is logical? Doesn't it appeal to your common sense?

SAVE
\$50.50

How to Save

The coupon below brings you EITHER a Free Trial Oliver or Further Information. Check which you desire.

This is all you have to do to save the \$50.50. Without such a plan, you'd have to pay \$100 or over.

But this way you not only save—you get the finest typewriter that can be built by a leading maker. It comes fresh from the factory, our latest and best model, a 25-year development.

Check the coupon *now* and mail it in.

Canadian Price, \$79

The OLIVER Typewriter Company
233 Oliver Typewriter Bldg., Chicago, Ill.

THE OLIVER TYPEWRITER COMPANY,
233 Oliver Typewriter Bldg., Chicago, Ill.

☐ Ship me a new Oliver No. 9 Typewriter for five days' free inspection. If I keep it I will pay \$55 as follows: \$3 at the end of trial period and then at the rate of \$4 per month. The title to remain in you until fully paid for. If I make cash settlement at end of trial period I am to deduct ten per cent and remit to you \$49.50.

☐ If I decide not to keep it, I will ship it back at your expense at the end of five days.

My shipping point is.....
☐ Do not send a machine until I order it. Mail me your book—"The High Cost of Typewriters—The Reason and the Remedy," your de luxe catalog and further information.

Name.....
Street Address.....
City.....State.....
Occupation or Business.....

Physical Culture

Founded By Bernarr Macfadden

Volume XLVII

MARCH, 1922

No. 3

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AN OPEN LETTER

St. Louis, Mo., Jan. 6, 1922.

DEAR READER:

Do you recall one of those rare moments in life when the veil is lifted for a moment, when a breath of inspiration comes like a flash, when the future seems to be suddenly illuminated, when you feel a mastery stealing into hand and brain, when you see yourself as you really are, see the things you might do, the things you can do, when forces too deep for expression, too subtle for thought, take possession of you, and then, as you look back on the world again, you find it different; something has come into your life; you know not what, but you know it was something very real?

Winning victories is a matter of morale, of consciousness, of mind. Would you bring into your life more money, get the money consciousness; more power, get the power consciousness; more health, get the health consciousness; more happiness, get the happiness consciousness. Live the spirit of these things until they become yours by right. It will then become impossible to keep them from you. The things of the world are fluid to a power within man by which he controls them.

You need not acquire this power. You already have it. But you want to understand it; you want to use it; you want to control it; you want to impregnate yourself with it so that you can go forward and carry the world before you.

And what is this world that you would carry before you? It is no dead pile of stones and timber, it is a living thing; it is made up of the beating hearts of humanity and the indescribable harmony of the myriad souls of men, now strong and impregnable, anon weak and vacillating.

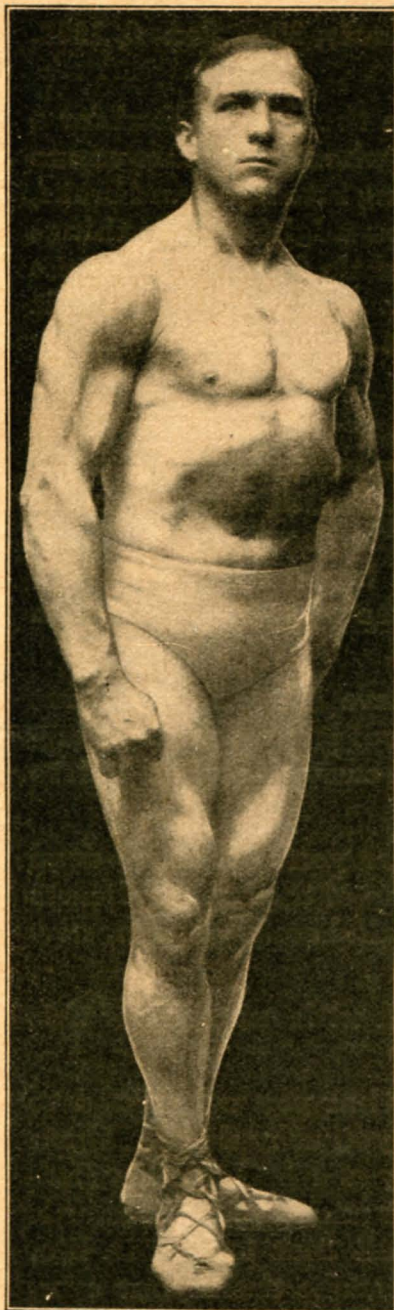
It is evident that it requires understanding to work with material of this description; it is not work for the ordinary builder.

If you would go aloft, into the heights, where all that you ever dared to think or hope is but a shadow of the dazzling reality, you may do so. Upon receipt of your name and address, I will send you a copy of a book by Mr. Bernard Guilbert Guerney, the celebrated New York author and critic. It affords the inspiration which will put you in harmony with all that is best in life. and as you come into harmony with these things, you make them your own, you relate with them, you attract them to you. The book is sent without cost or obligation of any kind, yet many who have received it say that it is by far the most important thing which has ever come into their lives.

Be careful that you do not miss this wonderful opportunity because of its great simplicity. Get your letter in the mail to-day; it will take but a moment, but it may be the supreme moment, in which you may discover the secret for which the ancient alchemists vainly sought, how gold in the mind may be converted into gold in the heart and in the hand!

CHARLES F. HAANEL, 212 Howard Building, St. Louis, Mo.

REGAIN Your Health and Strength Your Vigor and Vitality



LIONEL STRONGFORT

Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

SEND FOR MY FREE BOOK

There is a liberal education in my book of Natural Science, "Promotion and Conservation of Health, Strength and Mental Energy." It contains Truths that will mean more to you than anything else you have ever learned. I want you to read it. It is absolutely free. Just mark the Subjects on the Free Consultation coupon on which you want special confidential information (write additional subjects on extra line) and send with a 10c piece to help pay postage, etc. Don't fail to send for my free book.—**RIGHT NOW—TODAY.**

LIONEL STRONGFORT

Physical and Health Specialist

Department 723

Founded 1895

Newark, New Jersey

Special Notice—Lionel Strongfort, the World's Famous Athlete and Physical and Health Specialist, has achieved wonderful results with the Principles of Strongfortism. Thousands of pupils throughout the world have testified to the benefits gained under his guidance. He enjoys an excellent reputation in his profession and can be depended upon to do exactly as he promises.

This is an age of pep and vigor and vim—of brains and brawn—of rugged manhood overflowing with the vigor and vitality, endurance and manly force that wins admiration, friendship and renown; and compels success, when physical weaklings fail miserably.

Where do you stand? Can you measure up to the new standard of powerful manhood? Are you 100% alive and ready to confront any condition—attack any task? Are you a credit to your wife, parents, family? Have you the physical and mental force necessary to do your duty as a real man and ward off the demons of ill-health, weakness and failure? Or are you a miserable, sickly weakling—always ailing and complaining—always groping, hesitating, halting—slipping down into the abyss of physical weakness, when you should be getting the joy out of life?

Conquer Your Weaknesses!

Resist the elements of weakness and ill-health that are dragging you down and sapping your very life-forces. Get rid of the nagging complaints that make your life a wretched failure. Shake off Catarrh, Constipation, Indigestion, Nervousness, Headache, Rheumatism and the numerous other results of neglecting the body and abusing natural laws. (See Consultation Coupon). Your whole body must be revitalized. You must aid Nature in reviving the worn-out decaying cell-life and rebuild it into live vital tissue. Don't wait until you are bedridden! Don't put it off until you are down on your back, probably dependent on charity! Get busy **NOW**, before it is too late and

Restore Your Vigor and Vitality!

You are run down mentally and physically. You have burned the candle of life at both ends—used up your store of precious nervous energy—robbed your blood and cheated your body and brain out of the elements of vigorous manhood! The delicate mechanism of your body is out of adjustment, because you have violated the inflexible laws of Nature. The future looks dark and hopeless to you—but don't be discouraged—cheer up

You Can Come Back!

Refuse to stay down. Win back your Vigor and Vitality—your Ambition and Spirit—your Health and Strength. No matter what your condition is, or what caused it, you will find my scientific methods entirely different and resultful. Tell me your story as you would to a brother—everything will be held strictly confidential—come to me in full faith and let me teach you Nature's Way back to the glory of lasting Health and Power.

Let Me Make a Man of You!

I can make a new man of you—rebuild you from head to foot. My methods are not experimental; I, personally, am the result of the Science I have perfected. No drugs or dope—no pills or tablets—no fads or fancies—just plain common sense, pure science and the unfailing restorative forces of Nature.

I want to help you overcome the weaknesses and deficiencies that make your life a wretched failure. I want to make you over into a virile specimen of 100% Manhood. I want to make you magnetic and energetic—keener mentally—happier—more successful. I am anxious to help you. I can help you with

STRONGFORTISM

The Modern Science of Health Promotion

This is the natural Science that has won for me the world's verdict as the most perfect specimen of physical and health attainment and the most successful scientific physical and health specialist. I have devoted a lifetime to a study of the corrective and restorative forces of Nature. I have organized all that is effective, worthwhile and scientifically correct. From these elements of Science and Truth, I have founded the Principles of Strongfortism. This wonderfully effective Science has restored the health, strength and vitality of thousands of men and women, boys and girls, during the past 25 years. These are the same methods that I want to apply to you and fit you for the joys of life. You can't fail with Strongfortism. I guarantee it irrespective of your sex, age, occupation or surroundings.

FREE CONSULTATION COUPON

ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Dept. 723, Newark, N. J.—Please send me your free book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY," for mailing of which I enclose a 10c piece (one dime). Without obligating me, please send me special confidential information on subjects I have marked (X); also on those I may write on extra line below.

- | | | |
|-------------------|--------------------|-------------------------|
| ..Colds | ..Short Wind | ..Impotency |
| ..Catarrh | ..Flat Feet | ..Anemia |
| ..Hay Fever | ..Constipation | ..Falling Hair |
| ..Asthma | ..Billousness | ..Deformity (Describe) |
| ..Obesity | ..Torpid Liver | ..Stomach Disorders |
| ..Headache | ..Indigestion | ..Successful Marriage |
| ..Thinness | ..Nervousness | ..Pimples |
| ..Rupture | ..Poor Memory | ..Blackheads |
| ..Lumbago | ..Rheumatism | ..Round Shoulders |
| ..Neuritis | ..Gastritis | ..Lung Troubles |
| ..Neuralgia | ..Heart Weakness | ..Female Disorders |
| ..Flat Chest | ..Poor Circulation | ..Weak Back |
| ..Insomnia | ..Increased Height | ..Drug Addiction |
| ..Vital Depletion | ..Easy Childbirth | ..Healthy Children |
| ..Bad Blood | ..Despondency | ..Weaknesses (Describe) |
| ..Weak Eyes | ..Skin Disorders | ..Muscular Development |
| ..Bad Habits | ..Diabetes | ..Great Strength |

Mention other ailments here

Name

Age..... Occupation.....

Street.....

City..... State.....

SKV JLX RVN
UBL MTA
ZFM ODY RGW

Here's a Two-Minute Memory Test Can *YOU* Do It?

GLANCE at each combination of letters once—only once. Then turn away and see if you can repeat them from memory in their correct order. If you can't refer back to the letters and try again. If you have a perfect memory, correctly developed, you will be able to repeat the list of letters forward and backward from memory after just one glance. If you have an average memory you will have to refer back to the letters five times. If your memory is below normal you will have to refer back to the letters more than five times.

A young man with a memory very much below normal, found that he was being seriously handicapped in business. He determined to overcome his handicap. Within a month's time he was able to repeat backward and forward a list of one hundred names that he had heard only once.

Another young man who could never remember a name twenty seconds after being introduced, determined to overcome this social and business hindrance. He is now associated in his business with more than 10,000 people throughout the United States, and upon meeting them anywhere he is able to greet them by name and recall immediately all experiences with them!

Still another young man recently performed this startling feat: He asked fifty people seated around a dinner table at his club to rise one after another and tell their names and addresses. Then, while his back was turned, they changed their places. He then called out the name and address of every person around that table, in the correct order, without one mistake!

You gasp in surprise when you hear of such feats as these—yet anyone can learn to perform them, and perform even more striking feats. Through a simple system of memory training, based on a fascinating method of "mental movies," anyone can now acquire a perfect memory. In only two weeks this wonderful system will so change your memory that you will be able to perform astonishing feats.

What a Developed Memory Will Do For You

The development of your memory will bring you as great a reward as the ability to read or to figure. It will pay you cash dividends in business, and will bring you new friends and new prestige in the social world. The memory is the most marvelous of all human faculties. By training your memory through the simplified method of "mental movies" you will be able to perform wonderful feats.

Wouldn't you like to be able to remember the substance of a book or article so that you can talk about it years later as though you had just read it? Wouldn't you like to be able to remember names and faces for a lifetime? Wouldn't you like to be able to remember what people say, to remember all parts of whatever sales talks you wish to deliver, to file away all

experiences in your mind so as to be able to recall them at a moment's notice? Think what a memory of this kind will mean to you!

Those who are unable to remember names and faces cannot hope to acquire business and social success. In business, an unreliable memory is a tremendous handicap. In the social world, an inaccurate memory keeps one from becoming a favorite, from gaining popularity. Without a good memory, a man or woman faces life at an unfair disadvantage.

How to Acquire a Perfect Memory

The memory is capable of almost indefinite improvement. A remarkable simplified method of "mental movies," a simple method of memorizing through fascinating memory-images or pictures, will so quickly improve your memory that after the very first lesson you will be able to memorize the combinations of letters shown above, and repeat them quickly backward and forward, without hesitation!

David Roth, creator of the famous Roth system of memory training, at one time had a memory so very much below normal that he could not remember the name of a man or woman a few seconds after being introduced. It was in an effort to overcome this weakness that he discovered the law of the association of ideas, on which his wonderful system of memory training is based. Now he is able to perform memory feats so startling that people gasp when they hear him. Yet through the simple application of his principles, anyone can accomplish similar and even more difficult feats.

Please bear in mind that the Roth Memory Course, as this famous system is called, is an entirely new way of remembering. It does

away forever with the old-time, monotonous, cumbersome method of repeating over and over again. In the very first lesson you learn how to memorize fifty words and repeat them backward and forward. In two weeks you will be able to perform feats of memory that will startle your friends.

The Roth Memory Course is so interesting that you will enjoy it. Remembering faces, numbers, anecdotes, facts through "mental movies" is almost as fascinating as watching a moving picture itself. It is a pleasant spare-time study, and it will cultivate your memory to a surprising degree.

Sent to You FREE!

Wouldn't you like to see this remarkable course, to examine it in your own home, study the first lesson if you like, and learn the valuable method of memorizing through "mental movies"? We will send you the complete seven-lesson Roth Memory Course free for 5 days. You are not obligated to keep it, to buy it. You have the privilege of free proof—which means that you may keep it and read it for 5 days without cost or obligation.

Remember that a good memory is a powerful instrument in business and in social life. It often makes the difference between a popular person and an unpopular person. The development of the memory, through the wonderful new principle of simplified "mental movies," has been known to completely change the lives of men and women. It has, in some cases, increased incomes as much as 500%.

The coupon below will bring you the Roth Memory Course free for 5 days. It is a rapid, easy and certain method of committing facts, faces, figures, statistic, etc., to memory. It is as fascinating as it is valuable. Once you see it, and through it learn to memorize in one evening a list of fifty words, you will not want to return it. It is only because we are so certain of its value that we make this special offer to send it to you free.

Here's the coupon—clip and mail it NOW. It is a step you will never regret. Do it at once. Independent Corporation, Dept. R-243, 319 Sixth Avenue, New York.

Independent Corporation

Dept. R-243, 319 Sixth Ave., New York

Please send me the Roth Memory Course free for 5 days' examination. Within the 5 days I will either return the course, or keep it and send you only \$3 in full payment. This places me under no obligation whatever.

Name.....

Address.....

P. C. 3-22

400,000

people have paid \$5 or \$7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

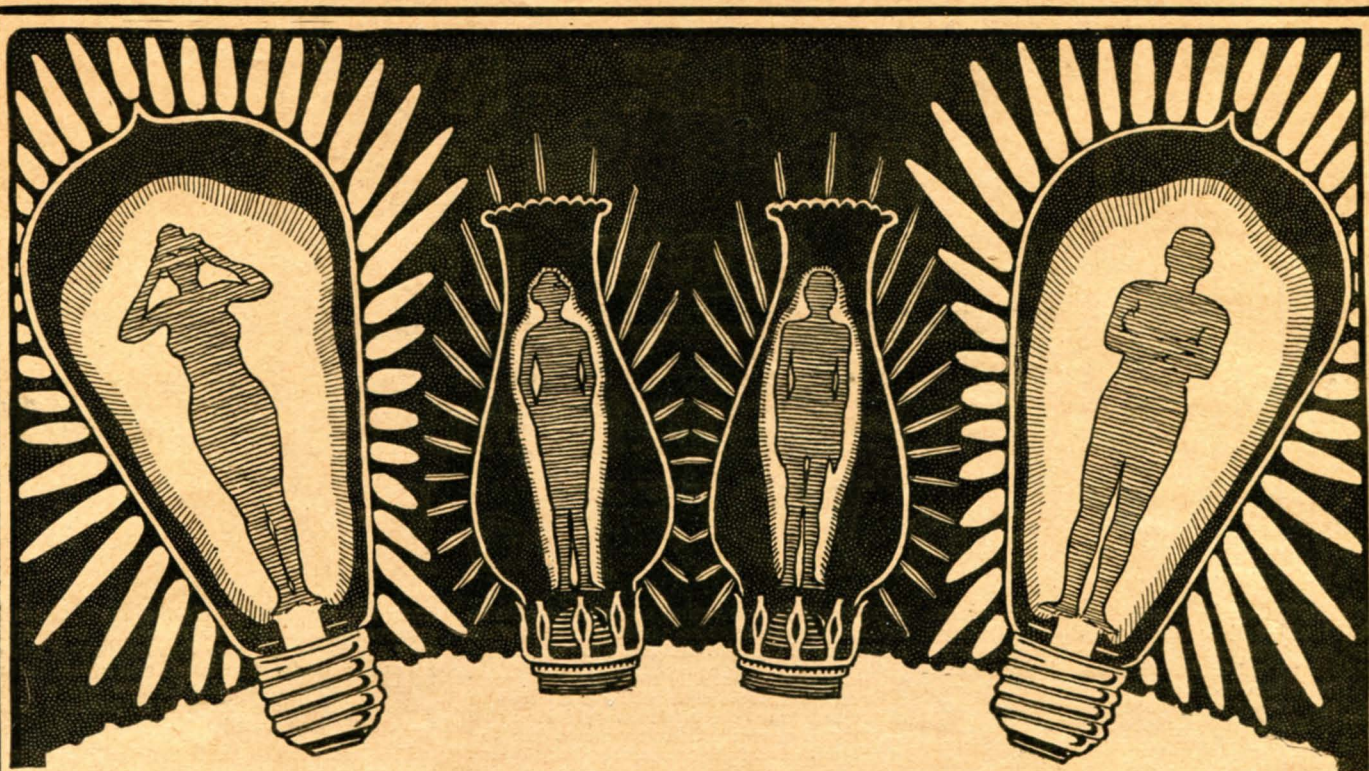
Until the Independent Corporation published the "Roth Memory Course," "Paragon Shorthand," "Mastery of Speech," "Drawing, Art and Cartooning," "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could any one buy similar courses for less than \$15 to \$75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making a

SPECIAL PRICE \$3
 (Regular Price \$5)
 Others sell from \$15 to \$75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs, of Detroit, Mich., who recently wrote:

"I can't see how you ask so little, while others with far inferior courses get from \$20 to \$80 for theirs."



DO YOU GLOW WITH HEALTH?

Build Up Personality, Magnetism, Vitality with **VI-REX VIOLET RAYS**

Some people are dull, drab, uninteresting and sickly! Others are vital, compelling and magnetic! WHICH ARE YOU? It is all a matter of vitality and health. The greatest discovery in years is that of VIOLET RAYS, electricity in a curative, medical form. Violet Rays put new life into over-taxed and sluggish tissues; penetrate and invigorate all the muscles and nerves of the body; give new tone and vitality to the entire body.

Learn the Secret of Physical Perfection

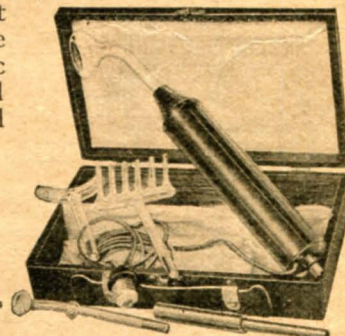
Learn how you can multiply your energy and vim! Learn how to banish those pains, aches and ailments that run down your system, drain your personality and ruin your looks. WHAT IS PHYSICAL MAGNETISM? It is PERFECT HEALTH—plus the keen mentality based on perfectly balanced nerve centers. We will be glad to send you on request the most interesting book ever published on this subject.

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Coupon
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**VI-REX ELECTRIC COMPANY,
Dept. 114, 326 W. Madison St., Chicago, Ill.**

Please send me without cost or obligation your free book describing your wonderful Violet Ray Machine.

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Address.....

City.....State.....

Use Violet Rays For:

Asthma	Falling Hair	Nervousness
Boils	Hay Fever	Neuralgia
Blackheads	Headache	Paralysis
Catarrh	Insomnia	Pimples
Colds	Lumbago	Rheumatism
Corns	Sore Throat	Skin Diseases
Eczema		

Vi-Rex Electric Company

326 W. Madison St., Dept. No. 114, Chicago, Ill.

For New York City Only Address—47 West 34th Street

How a Woman's Laugh Changed My Life

By Bosworth Stokes

I HAD come to Jim's house that evening because I needed cheering up more than ever before in my life. A bad error had been made at the office. They blamed me. They had to blame someone, I suppose. I tried to explain the matter but the more they argued with me, the more confused I became until at last I became silent altogether. Of course, that proved to them that I had really made the error.

I went to Jim because I needed someone to talk to. But I would never have gone to his home if I had known he was entertaining his old college friends. Somehow I was never at ease among people. Parties and entertainments were not for me. I was too busy trying to make some sort of mark in business.

There were women at Jim's house, too—the young wives of his college chums. They were a gay lot. I heard the thrum of a mandolin and a woman's lisping voice when Jim came to the door to greet me. I wanted to hurry away, but he insisted that I remain. "An old bachelor like you needs a little sport sometime," he laughed.

I shrugged my shoulders. How could he know of the dull ache that would not go away, of the sickening feeling of despair. I didn't even have the spirit to resist him, though. And so I stayed.

A Terrible Humiliation

Dinner was served a short while after I arrived. Being the "unexpected guest" as Jim grinningly announced when he introduced me, I seemed to be the center of attraction. A frivolous young woman at my right assured me that she didn't like men in full dress suits—they looked too much like mannikins. For the first time I was conscious of my business suit, and it made me embarrassed.

Others began to talk to me, and I tried to rouse myself. If I could only say something brilliant, only enter into some interesting conversation. But I didn't know what to talk about, didn't know how to answer them.

The dinner was over at last, and suddenly Jim said, "Well Bosworth, how about a little speech—two minutes." There was laughter and applause, and all eyes were turned toward me. It was unbearable. I had come here trying to escape my depressing thoughts, and now they wanted me to speak! Jim should have known better—but Jim was like that.

Slowly I stood up. The silence seemed to stifle me. I wanted to run from the room, yet I felt rooted to the spot. They were waiting for me to speak, waiting and watching.

"Ladies and Gentlemen" I began, staring resolutely at the wall. I knew they didn't expect anything brilliant or clever—just something funny. They wanted to be amused, and any nonsense would satisfy them, as long as it was talk. But I couldn't talk! I didn't know what to talk about, how to begin, what to say. I stammered, stuttered, began, stopped, and began again. And then, while they looked at each other in concealed amusement, I deliberately sat down. I had said nothing.

For a moment no one spoke. I sat there, warmly miserable, wishing myself a million miles away. And then suddenly, like a crash of thunder out of a leaden sky, the silence was broken by a woman's shrill laugh. I don't think she meant to be rude. The laugh was not very loud. But it pierced the silence like a knife, cut me like the sting of a lash, and crashed through my brain like a hundred fiery swords!

Damn it all—I was a fool! A fool not to stand up and tell these snickering idiots what I thought of them. A fool not to go back to the office and explain to them how absurd it was even to suspect that I had made that error. A fool for sitting here so quiet and ashamed. With that laugh still ringing in my ears, I jumped up, glared around me, and before Jim could say a word dashed out of the house.

Realization

It seemed, somehow, as though that laugh ex-

plained to me all at once the countless other humiliating experiences I had had during my life. My backwardness in business, my constant embarrassment among people—all were explained at last. I couldn't talk. I couldn't make myself interesting, convincing. I had known about it for a long time, of course, but that laugh determined me.

I wouldn't have people mocking me all my life! I wouldn't take the blame for other people's mistakes any more! I would make people respect me, admire me!

You must have heard of Frederick Houk Law. He is a famous speech specialist, a man who has mastered every phase of speech and has founded a simple method that teaches you to talk easily, forcefully and convincingly. His course, called "Mastery of Speech" is arranged in lessons that teach you point by point how to become a genuine master of speech. I didn't waste any time. His course was in my hands the very next day.

I wish you could have known me before I began the famous "Mastery of Speech" course. It would have been impossible for me to say what I am saying in this announcement and have you understand me. I could never express myself. I could never find the right word at the right time. I made speech errors that made people misjudge me.

Step by step I followed the fascinating lessons of the course. I learned how to overcome my deficiencies in speech, how to talk to any man or woman at any time without embarrassment, how to increase my vocabulary, how to convince people, how to talk with calm, impressive power. Almost at once I noticed how people changed toward me. Men and women began to enjoy my company. I began to enjoy conversing with them. My business associates began to respect me. I suggested plans and explained them in a clear convincing manner. My whole life seemed changed.

What "Mastery of Speech" Will Do for YOU

I am glad to be able to write this story here for everyone to read. I know it will help many other people to overcome their lack of the power to speak convincingly—and it may even change other lives as it has changed mine.

Do you ever stutter or stammer when you speak, do you become embarrassed when you speak to important men and women, do you become con-



I was a fool not to stand up and tell these snickering idiots what I thought of them!

fused when something unexpected happens? Wouldn't you like to be able to meet unexpected situations calmly, to be able to say things that will impress and convince people, to be always at ease even when conversing with the most highly educated people, to be able to make business proposals in a forceful and effective manner? Wouldn't you like to gain mastery of speech, and at the same time gain a commanding personality?

"Mastery of Speech" did it for me. It will do it for you. The publishers of this famous course are willing to prove it by sending you the complete course absolutely free for 5 days. I have been told to add to the end of my story the announcement that "Mastery of Speech" will be sent free for 5 days to anyone requesting it.

This is a wonderful opportunity and I advise you to take advantage of it—at once. You may keep the 8-lesson course for 5 days, examine the interesting books, read one or two of the introductory lessons, and find out many valuable speech helps by reading a chapter here and there. Within the 5 days, decide whether you want to keep the course and send the publishers only \$3 in full payment, or return it without cost or obligation.

Don't wait until some humiliating experience makes you wish you had heeded this announcement. It costs you nothing to examine "Mastery of Speech" in your own home. Clip the coupon and mail it now for the free examination. I advise you to do it this very minute before you are able to forget. I know you will thank me for it.

The name of the publishers is The Independent Corporation, Dept. L-243, 311 Sixth Ave., New York.

Independent Corporation

Dept. L-243, 311 Sixth Ave., New York

Without cost or obligation, send me Dr. Frederick Houk Law's "Mastery of Speech" which I understand is an 8-lesson course in Business Talking, Public Speaking and the art of speaking always with calm confidence and power. Within 5 days I will either remail the course or send only \$3 in full payment. This places me under no obligation.

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With reasonable application you will have learned the principles of Paragon at the end of a week. If your purpose is to use it for making your own memoranda, you can then begin using it at once. But, if your object be to prepare for a shorthand position then, at the end of a week you will start speed practice to acquire the necessary speed. Numbers have been able to take positions in a month, two months or three months. It all depends on the time per day devoted to practice. In public schools, on account of many additional studies, the shorthand course is made to last as long as the other courses.

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Paragon writers are all over the world, in England, Continental Europe, Australia, New Zealand, Canada, South America, Canal Zone, China, Philippine Islands, and wherever English is spoken.

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Take the ordinary longhand letter *d*. Eliminate everything but the long downstroke and there will remain *l*. This is the Paragon symbol for D. It is always written downward.

From the longhand letter *e* rub out everything except the upper part—the circle—and you will have the Paragon E.

Write this circle at the beginning of *l* and you will have Ed.

By letting the circle remain open it will be a hook, and this hook stands for A. Thus *l* will be Ad. Add another A at the end, thus *l* and you will have a girl's name, Ada.

From *o* eliminate the initial and final strokes and *o* will remain, which is the Paragon symbol for O.

For the longhand *m*, which is made of 7 strokes, you use this one horizontal stroke —

Therefore, — would be Me.

Now continue the E across the M, so as to add D—thus *l*, and you will have Med. Now add the large circle for O, and you will have *l* (medo), which is Meadow, with the silent A and W omitted.

present-day business. With Paragon you can write without mental friction—no complicated rules to remember, no "lines" to watch, no heavy and light "shading," only 26 simple word signs, no confusing of meanings, through the old elimination of vowels.

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Science's Newest and Strangest Wonder

DEEP down within you, hidden from all the world, hidden from you yourself, is a strange, psychic creature—a being whose existence you have probably never even thought of, and yet who directs the whole course of your life, who expresses himself in everything you do and say, who even determines your success or failure, your happiness or unhappiness in life!

At last Science has discovered this mysterious being within you! In many ways this is the most astounding revelation that has ever been made. You have heard of this amazing new discovery—you have heard it called Psycho-Analysis. And perhaps you know in a general way that Psycho-Analysis deals with your subconscious mind—your hidden self.

But do you know just how Psycho-Analysis reveals your subconscious self—do you know the amazing secrets about you it lays bare—do you know what your subconscious self really is and how it acts?

Your "Hidden Self" and Its Startling Powers

Are you sensitive or shy? Do you ever blush with embarrassment? Do you ever feel timid in the presence of others—lacking in self-confidence?

Does your nature crave a sheltered, peaceful "away-from-the-world" existence? Or have you an aggressive, dominating, money-making instinct? Are you best fitted to be an executive and organizer, or should you confine your efforts to individual, creative work?

Do you ever forget to do things you had intended to do—do you find certain tasks distasteful? Do you ever have unaccountable "blue streaks"?

Do you ever dream of apparently absurd and impossible things? Do you have recurring dreams of some particular sensation such as "floating" downstairs, or being powerless to move when some danger confronts you? Do you ever have premonitions or "hunches" of some impending event?

Do you ever take a decided dislike to certain people you meet? Do you ever hate anyone? Is there a certain type of person of the opposite sex that is repulsive to you, or a type that has a strong fascination and attraction for you? Do you know why you fall in love with one particular person?

Are you inclined to be morbid—morose—unhappy? Are you nervous? Do you ever feel weighted down with some intangible and shadowy dread or fear?

To all these questions and to many more, some of them of the most intimate and personal nature, Psycho-Analysis holds the answer. For behind them all is your subconscious self—that mysterious being that lives beneath the mask of your con-

The amazing scientific discovery that lays bare your mysterious and astonishing "Hidden Self." How it is now made possible for you to Psycho-analyze yourself and come face to face with your startling, undreamed-of subconscious being.

sciousness and controls everything that you do, say and feel.

Let us take a look at this unseen, undiscovered being within you. You have read more or less about the subconscious or unconscious mind. You know that it lies submerged in a shadowy sort of way below your conscious mind.

What Your Dreams Tell About You

Sometimes, when the conscious mind is asleep or "off guard," we can discover the subconscious mind all by itself, without any interference from the conscious mind. When you dream, for example, it is the subconscious mind that is expressing itself. And when you understand the language of the subconscious mind you can understand and interpret every dream you have!

You will find that the dreams that appear ridiculous and meaningless to you now, in reality are filled with the most startling meaning and reveal the most amazing secrets about you. They show you what your subconscious self is thinking about! The result will astonish you and perhaps cause you to blush—for the subconscious mind knows no standards of right or wrong and is seeking only to express its own desires.

In countless other ways too, your subconscious self expresses itself, and once you understand its language you stand face to face with your hidden secrets laid bare. You will gasp in amazement at the things you will find out about yourself.

And this is exactly what happens when you psycho-analyze yourself. You look behind the veil and see the undreamed-of causes that make you what you are. There you discover buried memories of childhood, repressed sex instincts, emotional conflicts, shackled desires and all the other mysteries of your subconscious self.

Release Your Hidden Powers

But psycho-analysis does not simply strip the veil from your inner self to astonish you with the sensational secrets revealed. Once you discover your hidden self, you can direct its vast powers to accomplish almost any purpose you desire, things that have unknowingly held you back for years when once understood lose their power to harm and can actually be made to help you to health, happiness and success.

You can free yourself from your subconscious, shackles—you can banish fear, self-consciousness, timidity, nervousness—you can release wonderful new sources of energy and power within you—you can open the flood gates of the forces that lead to HEALTH—WEALTH—HAPPINESS.

Psycho-Analysis has accomplished seeming miracles in thousands of cases. Yet for years this

amazing new wonder science has withheld from the public, largely because of the fact that the subconscious self is so strongly influenced by that most fundamental of all human instincts—the sex instinct.

But now people are learning of the wonders of Psycho-Analysis. It is being discussed everywhere. Many are going to professional Psycho-Analysis for personal readings, paying fees of hundreds of dollars to learn of the mysteries of their other selves.

Try This Amazing Test Free

And now comes the latest announcement. It has at last been made possible for anyone to psycho-analyze himself or herself. In the privacy of the home, Psycho-Analysis can be applied to reveal the strange hidden secrets of your subconscious self.

To do this amazing feat is now as simple as A-B-C. Every step is made clear and easy to follow—the whole method of psycho-analyzing yourself is explained from beginning to end—all through a remarkable new easy course in six parts entitled "Your Other Self as Revealed by Psycho-Analysis" written by Prof. Eugene Victor Legaren.

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-When Others Do It So Easily



He Does It

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WHEN a farmhand steps from \$50 to \$1,000 a month—when a fireman jumps from \$60 a month to a job paying him \$500 for two weeks' work—when a former railway mail clerk at a yearly salary of \$1,600 changes his job and earns \$1,000 in thirty days—and when hundreds of others quickly jump from small pay to magnificent earnings in the same way—then it's a shame for you not to earn your \$10,000 a year!

There is nothing exceptional about these men. They'd tell you that themselves. Many had been clerks, bookkeepers, mechanics. Some had been policemen, farmhands, firemen. And then in one swift stroke, they found themselves making more money than they had ever dreamed possible. The grind of routine work—the con-

stant struggle to obtain even a small increase—the discouraging drudgery of blind-alley job—all this was left behind. Today they know the thrill of independence; they are no longer ruled by an office clock. There is genuine enjoyment in every hour of the day, for their work is filled with real fascination. They have found not only the most interesting, but the best paying branch of all business.

A field that they had never dreamed of as theirs they found to be easy and uncrowded. Earnings that they had always hoped to reach and that their old jobs could never have paid, were right there in this new field waiting for them. Hundreds have found this new easy way to \$10,000 a year. You can too—let us tell you how.

How You Can Do It Too— A New, Amazingly Easy Way

What these men have done, hundreds of others have done, hundreds are doing to-day, hundreds will do tomorrow. And *you* may be one of them! For now the same opportunity that put these men into the big money class is open to you!

In the first place they discovered a vital fact about business. They discovered that the big money is in the Selling end of business. In the second place they discovered a new and amazingly easy way that will make *any* man a salesman, no matter what job he held before.

Salesmen are the very life blood of any concern—upon them depends the amount of profits made. The men who can put a product on the market and boost its sales are absolutely indispensable. No wonder that man for man Salesmen receive the highest pay. For the men who are in the "Star" class—who are Masters of Salesmanship—there is practically no limit to their earnings. Some receive almost fabulous amounts. And that is how these men and hundreds of others like them found the way to their present handsome incomes.

They are all Master Salesmen Now!

Yet previously they had no idea of becoming Salesmen. If you had told them that such brilliant success awaited them in the field of Selling, they would have laughed at you. They would have told you that it was absurd to think of it—for they had never sold a dime's worth of goods in their lives! Then they learned of a great organization of top-notch Salesmen and Sales Managers formed for the express purpose of fitting men for the great opportunities in the field of Salesmanship and to help them to positions in the lines that most appeal to them. Step by step—in their spare time at home—this great organization, The National Salesmen's Training Association, took them thru every phase of selling. Every underlying principle of salesmanship was made as simple as A-B-C. Then as soon as they were qualified and ready, the Free Employment Service of this Association helped them secure good Selling positions. Almost before they realized it they were in the big money class.



So Does He

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And He—

"The very first month I earned \$1,000. I was formerly a farmhand." — Charles Berry, Winterset, Iowa.



And He—

"After spending ten years in the railway mail service at salaries ranging from \$900 to \$1,600 a year I decided it was necessary for me to make a change . . . My earnings during the past thirty days were more than \$1,000."—W. Hartle, Chicago, Illinois.



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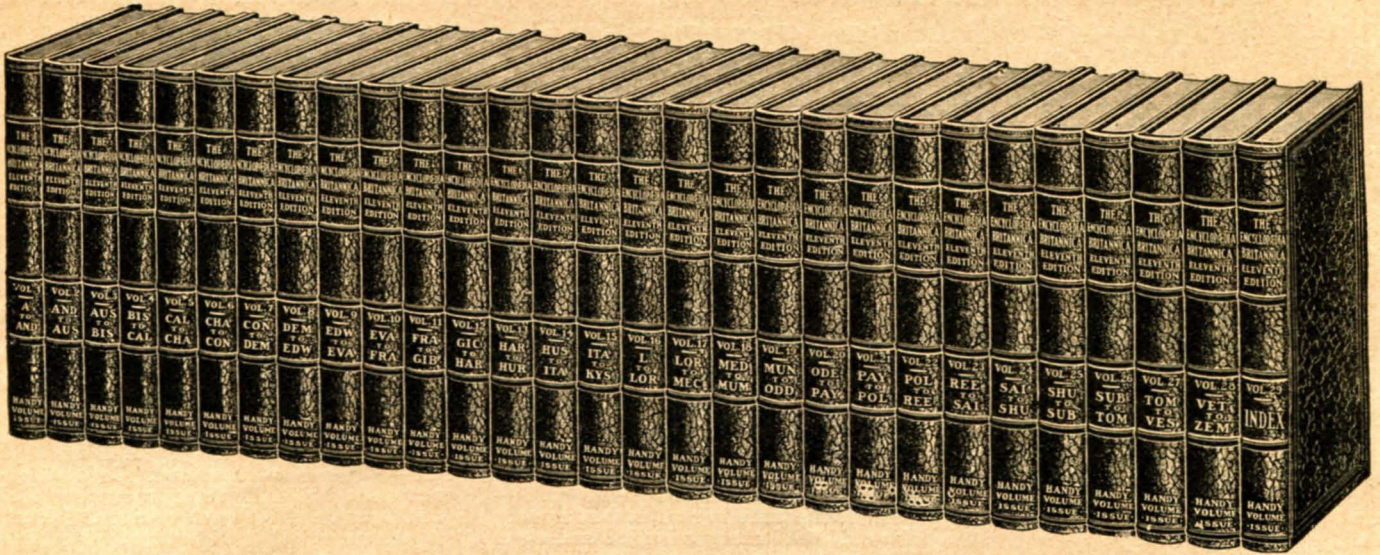
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Science Discovers the Secret of Caruso's Marvelous Voice

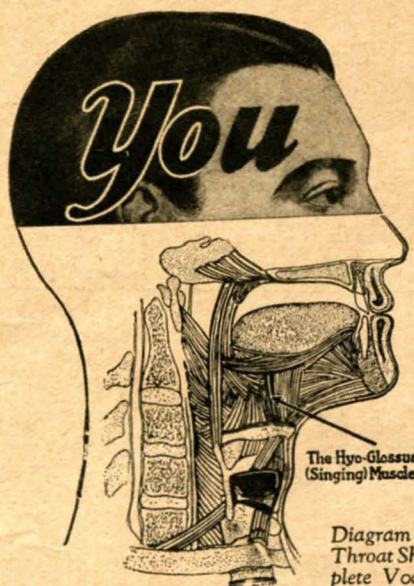


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.

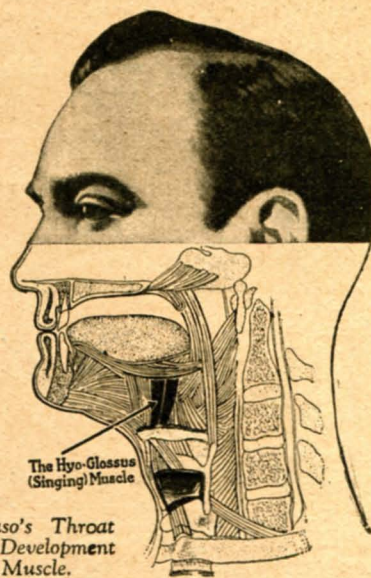


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

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“Why my father is . . .”

she hesitated and grew red

IN an eastern college a group of girls were talking about their fathers, in that proud, confident way that young people have.

“My father is president of a railroad,” one of them said.

“And mine is a judge.”

“And mine owns the largest factory in our town” The fourth girl was silent; the others turned to her inquiringly.

“Why my father is” She hesitated, grew red, and then raising her head defiantly continued, “my father is just the kindest old dad in the world.”

And with that she turned and brushing a rebellious tear from her eyes dashed out of the room.

The two fathers who started together to make men's hopes come true

Years ago, in a big organization, two young men set out hopefully side by side. Each was married and their little homes were not far apart; their children played together.

As the years went by one forged ahead. He went out on the road to sell goods, but selling alone did not satisfy him. He found a way to learn something of accounting and costs, something of factory and office management, of advertising and merchandising and corporation finance.

And because such knowledge simply cannot be hid, he came ultimately to the top of the company where it is his business to direct the activities of men in all these various departments.

The other man was equally faithful and worked equally hard, but his knowledge never extended beyond the one department of the business where he began.

He is head of that department today—chief accountant—a useful cog in the great machine which the other man controls.

You are paying for this training whether you receive it or not

Both men are successful in a sense. Both are adored by their children as the “kindest old dads in the world.” But the one man has realized in full upon his opportunities, and the other has not.

Each has known that to be true for many years.

And now their children know it.

It is not the business of the Alexander Hamilton Institute *not* to turn failures into successes. No institution can do that. But to make moderately successful men more successful, to round them out with a knowledge of other departments besides their own, and to give them the equipment for

which the demand always outruns the supply.

That increased earning power inevitably follows this training goes without saying. But the Institute does not seek to be judged in terms of the ability of its men to make money. Its real product is self-satisfaction—the joy of success while a man is still young—the contentment that comes when he looks into his children's eyes and knows they are proud of their dad.

The training of the Alexander Hamilton Institute costs a little in money and in time. But what a price those men pay who do not accept the training!

What a cost in opportunities that pass them by because they have not the knowledge or self-confidence to make them their own. What a cost in years of routine progress when the progress might be rapid and sure.

What a cost in dreams that are not fulfilled, in plans for the family so long deferred!

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PHYSICAL CULTURE

BERNARR MACFADDEN'S VIEWPOINT

A Satiny Skin From Rubbing

A CLEAR, healthy, satiny skin is an invaluable possession. Every woman especially craves what she calls a good complexion. Powder, rouge, lip-stick and other cosmetics are often used to simulate a tint of health.

Anyone who possesses average intelligence cannot be so easily deceived, and those of the lower mental status are not worth deceiving.

The skin is nourished by the blood. The quality of this vital fluid determines its character. Therefore, to a large extent, the skin should be treated from within.

In this instance, however, a method will be referred to for improving the skin that is applied externally. It is a very simple method, and consists only of vigorous rubbing. The benefits of this treatment are not confined to appearance alone. It is invaluable as a means of adding to the general vital vigor. It furnishes a splendid method of exercising the entire muscular system and at the same time, materially strengthens the heart, lungs and other vital organs.

It has remedial values of an unusual nature in the cure of rheumatic symptoms and other allied ailments. In fact it accelerates, to a great degree, the activities of the pores of the skin and when we understand the number of diseases that are caused by the benumbed functions of the skin, you can then thoroughly grasp the extraordinary powers of the method that will here be discussed.

And besides vitalizing the whole bodily system, it will also help to make the skin soft, smooth and velvety.

This particular method was called to my attention more than twenty-five years ago by a man who was then over seventy years of age.



Curing Consumption With Friction

THIS man seemed energetic and alive to an unusual extent. He did not look his age by twenty years. He told me a story that I listened to with the keenest possible interest. He stated that he was given up to die of consumption when he was about twenty years of age. At that time consumption carried with it a death sentence.

Those suffering with this disease were shut up in a closed room. Night air was believed to be dangerous. Fresh air meant draughts. And so the poor victims of this complaint were denied the only means that might have brought about recovery.

Can you imagine the healing art, (if we must so misuse the term), adhering to a method of treatment which in itself makes chronic the disease and brings about certain death?

That was the science of allopathy at that time. The principals of this system of medicine have much to answer for. We are gradually getting away from its death dealing ignorance, the product largely of precedence and superstition.

Well, the man referred to refused to take this sentence

submissively. He didn't want to die. He had determination and sufficient self-confidence to want to test conclusions of his own.

He somehow acquired the idea that if something was done to thoroughly arouse the activities of the skin, that he might be benefited.



A Great Discovery

AND there is where he made a great discovery. He didn't believe in doing anything half way. He was familiar with the currycomb and the horse brush as a means of conditioning horses, so he brought a horse brush to use on himself—the currycomb was probably a little too much for him. He told me that several weeks elapsed before he could accustom his tender skin to the vigorous use of this brush; but he persisted and was finally able to brush himself for ten or fifteen minutes each day.

He soon noticed an improvement in his condition; and finally cured himself entirely of the dreadful disease consumption by this particular method. Undoubtedly the exercise of brushing himself every day also had considerable to do with his recovery.

This case has been referred to with considerable detail for the purpose of emphasizing the value of this method in maintaining and building health and vitality. If the skin is rough and inactive, this rubbing process is naturally of far greater benefit.

All of us wear too much clothing, especially during the summer months. If we dressed more like savages at this time, we would be in far better health, cleaner in body and far cleaner and more moral in mind. Our partially air-tight clothing hinders the natural process of skin elimination and, consequently, the pores are inactive, half dead. They are not properly performing their functions and one of the results is a tendency towards catarrh, in nearly every individual who wears civilized clothing.



Catarrh Caused By Deadened Skin

THE continuous habit of blowing the nose, coughing and spitting is so prevalent everywhere that it is rarely noticed any more. It is, however, none the less deplorable, and these symptoms are caused, to a large extent, by an inactive, unhealthy skin.

A very remarkable proof of the truth of this conclusion came to me in a personal experience that should be of interest.

It is difficult to start a professional career in a large city like New York. For a few months after I selected this great metropolis as my future residence, I had considerable leisure time. I offered my services as a model to the art studios. I was occupied in this capacity for one week. The work was so monotonous that I never cared to attempt it again after the first experiment.

It was on this occasion, however, that I learned a very valuable lesson.

I had a very severe cold of a catarrhal sort when I began work as a model. And as I had to pose without clothing, I was puzzled as to the effect this exposure would have on my cold. My nasal passages were so inflamed and clogged that I could hardly breathe through them. After two or three days of this enforced air bath, I noticed a very decided difference in the symptoms of the cold and before the week had elapsed, every vestige of it had disappeared, thus proving beyond all possible doubt, that when the air comes in direct contact with the skin, as it did on this occasion, it is possible entirely to eliminate a catarrhal cold.

This experience is referred to merely as an additional means of hammering home the truth as to the value of stimulating the activities of the skin in the maintenance of health and vitality. Though air baths are undoubtedly of very great value in stimulating skin activity, real friction, secured from various methods of rubbing, unquestionably gives far more beneficial results.



Rubbing with the Open Palms

THERE are many methods of arousing activity of the functions of the skin. Rubbing gloves, coarse towels or brushes are often used, but there is nothing that is better than the open palms of the hands. They have the advantage also of being with you at all times.

Therefore, if you want to secure all the benefits to which I have previously referred, through rubbing, the process is comparatively simple.

Every day of your life every part of your body should be rubbed. Every part of the cuticle must be made to actively perform its functions.

Every pore must be roused and made to do its work.

To accomplish this result, rub your body with your open hands throughout its every part.

Rub vigorously, quickly and as hard as you can. If this advice is followed, you will not only make the skin properly perform its functions, but you will secure some very vigorous and valuable exercises as well.

If you have a rheumatic pain anywhere, or a sore muscle from over-exercising, or a tendency towards neuritis, neuralgia or other similar ailments, you should give special attention to the particular part of the body where the symptoms have appeared.



How The Method Is Applied

IN order to carry out the idea in a thorough manner, it is a good plan to begin at the wrist of one arm.

Now rub the arm back and forth, from wrist to elbow on the upper part, then on the under part. Then rub the arm from the elbow to the shoulder on the upper part. Then on the under part. Now rub the shoulder itself and the back as far back as you can on every part that you can reach. Give the same treatment to the other arm and shoulder and back.

Now begin at the ankle. Rub from the ankle to the knee, first on the one side then the other. Then from the knee to the hips, first on the one side, then on the other. Give your other leg the same treatment. Now rub the chest and abdomen and then the back as much as you can reach.

It is a good plan to go over the body two or three or even half a dozen times in this manner. Don't rub one place for too long a period, or you are liable to break the skin. But if you rub a few moments and then come around to that particular place again, you will

be able to give yourself a greater amount of rubbing without irritating the skin.

You will have some difficulty, undoubtedly, in rubbing your back, between your shoulders, but for this purpose you can use a rough towel. If you can acquire sufficient suppleness to reach every part of your back, without this aid, however, you are to be congratulated.

As a plan for accelerating the circulation generally, this method can hardly be surpassed. If you have to get up in a cold bedroom, this rubbing process will quickly bring about a splendid feeling of warmth. Your internal, as well as external circulation will be stimulated to greater action. The body will have such a pleasing sense of warmth that, regardless of the temperature of your room, you will thoroughly enjoy contact with the cold air.

During one very cold winter, I tested a method of exposing the skin that might be considered foolish by many people.

Regardless of how cold the weather might be or how strong the wind, I would open the windows of my bedroom as wide as possible and exercise entirely without clothing until I was thoroughly warm. This would arouse the circulation to such an extent that I could thereafter stand before an open window on the coldest day and enjoy the breeze blowing directly upon my unclothed body. Following this, I would jump into a cold bath for a moment or two.

This was indeed a powerful stimulant to the skin, but as far as I can see nothing but beneficial effects have resulted therefrom.

It proves definitely that the skin can become accustomed to hardy treatment. In nearly every instance it becomes clearer, softer and more satiny to the touch when given a treatment of this nature.

Furthermore, it is very unusual for one to catch a cold when the skin is kept in sweet, perfect condition.

I am not advising my readers to follow such a rigid system, but am merely calling attention to this as an experiment that ought to be of interest to those who might desire to try the method here described.



Put Life and Health Into the Skin

IN fact, at such times clothing often seems to be a source of discomfort. The dressing process is frequently delayed as long as possible to enjoy the air bath that has been made so delightful through skin friction.

If your skin is rough and coarse and old looking, you can maintain the vitality of youth by the rubbing method here described. It will be well worth a careful and prolonged trial.

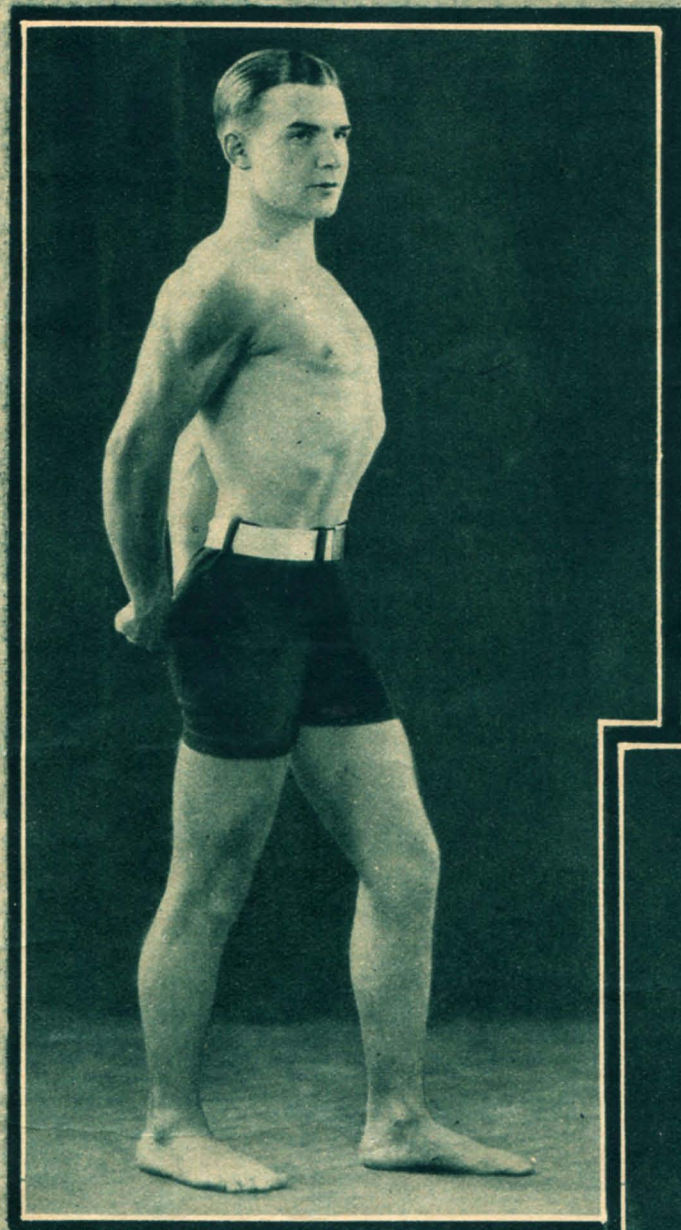
Do not try it once or twice and form your conclusion from such a short experience. Test the idea for ten days or two weeks. And each day increase the vigor of the rubbing process.

If you have never tried any system of vigorous exercise, test this method. It costs you nothing but energetic effort and it will yield rewards that are really beyond a financial valuation.

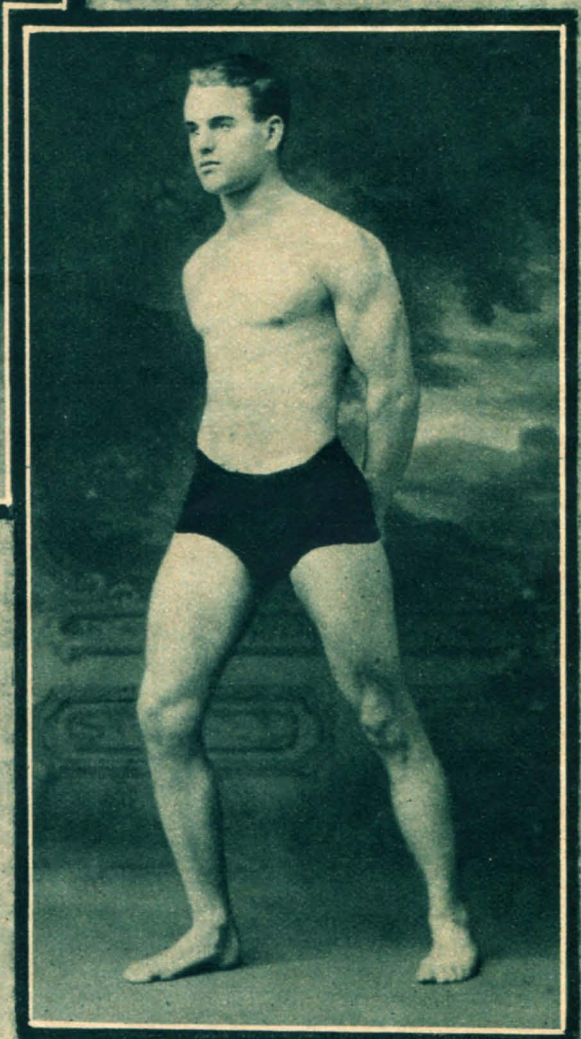
In fact the suggestions here presented are so important that we have arranged to present a number of illustrations in the next issue which will give you more detailed information in reference thereto.

If you will adhere to these suggestions until this magazine comes to you again next month, you will be more thoroughly prepared for the additional instruction that will then be presented.

The Body Beautiful ~



*William
Lachenmayer Jr.,
of Milwaukee,
Wisc., a worthy
son of a noted
physical instructor
of that city.*

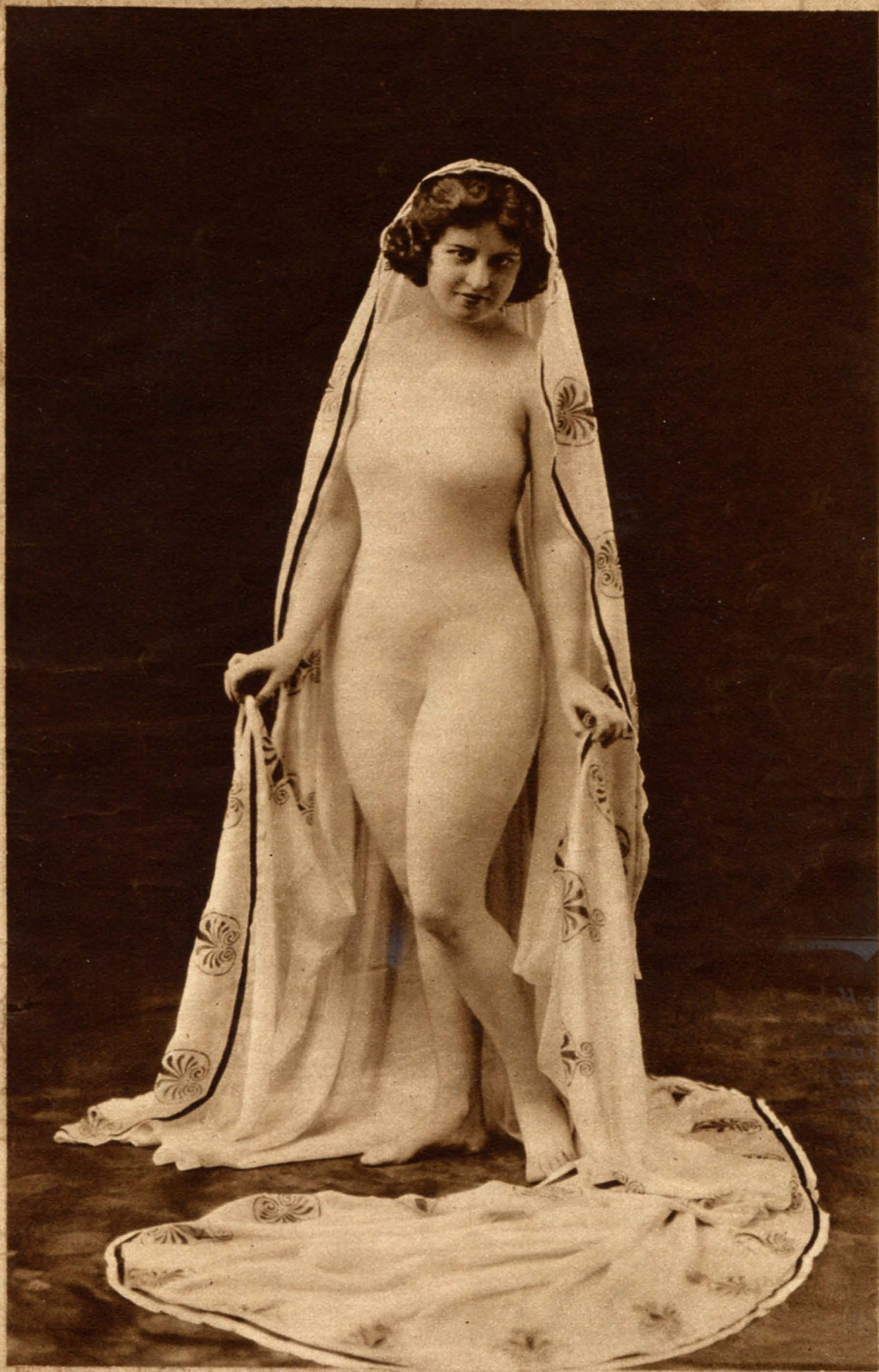



*John J. Ran,
Y. M. C. A.
Physical
Director of
Charfield, Pa.*



*Miss Helen Heckman,
of Muskogee, Okla.,
who was awarded
second place by the
judges in Physical
Culture's recent "Most
Beautiful Woman"
Contest.*

*Photograph on
opposite page shows
her faultless proportions.*





*Miss Mildred
Keefe, of St. Paul
Minn., seven-
teen year old
classic dancer
well known
in the Twin
Cities*

The Perfect Day

By Dr. Frank Crane

DR. EUGENE LYMAN FISK, Director of the Life Extension Institute, some time ago published a very interesting article in the daily papers in which he charted out a Perfect Day of Health.

As all of my readers may not have seen that article, I am taking the liberty of here passing on some of its main points and adding a few suggestions of my own.

For I find that people like to be told just exactly what to do rather than to be given a principle and required to work it out according to their own judgment.

Let us, therefore, take up a typical day and from a physical or health standpoint construct an ideal programme.

1. The first thing to do is to get up in time. Getting up is a matter of habit. And it is as easy to form the habit of getting up so that you will have plenty of time for your morning duties, as it is to form the habit of lying in bed so long that you have to gulp a cup of coffee and race for the train.

2. "Get up when you wake up," was a rule of John Wesley's, and it is a good one.

3. Give yourself an air bath. That is, take off all of your clothes and give your skin a chance to breathe. This will not make you catch cold, but will keep you from catching cold. The skin of most of us is too tender and sensitive and needs toughening.

4. Take your morning exercises vigorously for five or ten minutes while nude.

5. Take a bath, and, if possible, wind up with a cold shower. Follow this by a brisk rubbing down with a rough towel until your skin glows with warm reaction.

Of course, all this advice is for healthy people and implies that you mix it with common sense.

6. Clean your teeth thoroughly.

7. Drink a glass of cool water.

8. Dress in clothes that are not too heavy and are not tight. Wear nothing that pinches.

9. Eat breakfast leisurely. Also cheerfully. Do not quarrel at breakfast. Start the day with a note of joy.

10. Eat the kind of things and the amount of things that your intelligence tells you you need for breakfast, and not what you want. This applies to the other two meals of the day also. An animal or a savage may trust to the instincts. But a civilized man is too far away from his instincts and is compelled to use his intelligence.

11. Do not hurry on your way to the train. In fact, do not hurry at all. Hurry implies a certain deficiency in your plans.

12. When you begin your day's work at the office or the store, first of all make out a programme for the day. Whether you stick to it literally or not, it is a good thing to have always in your mind, as it prevents confusion and worry.

13. Do not overeat at lunch. Make the lunch more a period of recreation and of rest than of feeding.

14. Whatever work you have to do, do it by the day. That is to say, do this day's work the best you can and do not worry about the future, nor grumble about the past.

15. Go to bed at such an hour as will enable you to have eight hours' good sleep before getting-up time.

Of course, there are very many other points that could be brought out. But probably these fifteen suggestions will help you to come a little closer to making every day of your life:

A PERFECT DAY.

What Kind of Girls Smoke?

It's a Fine, Manly Accomplishment for Women, Don't You Think? — But What Are the Real Reasons Why Women Should Not Smoke?

By Wainwright Evans

CARTOONS BY G. B. INWOOD



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We really do not know whether this is a boy or a girl, but of course it does not matter. It is a good exposition of this smart and very creditable accomplishment.

IN Albert Bigelow Paine's "Life of Mark Twain" the story goes that Mark Twain was given, in moments of strong feeling, to the use of English more vigorous and picturesque than anything to be found in the dictionary. It wasn't Sunday School English, in fact. All this grieved his wife very much, and she sought by every means to break her distinguished husband of his habit of latitudinarian speech.

One day something went wrong; and Mr. Clemens began in words embroidered with lightening to express his views. Mrs. Clemens heard him from the next room. She waited without protest till he was through; and then, to shock him into a sense of his own impropriety, lifted up her voice with an eloquence copied from him.

Mr. Clemens listened in critical and appraising silence. When silence reigned again, he called out, "You've got the words all right, my dear, but you don't know the tune!"

That little yarn has always seemed to me to throw an interesting side-light on the question "Should Women Smoke?" In humorously presenting the incongruity and essential

unfitness of a woman swearing, it seems also to suggest the incongruity and essential unfitness of a woman smoking.

A woman who smokes doesn't know the tune. A woman with a cigarette has the technique down all right; she holds the little white coffin nail just so; she puffs in approved fashion, pouting her delicate lips more than the smoker's technique allows; she may even blow rings neatly, and send them one through the other, and all that. But somehow it's off the key; the incongruity of the thing hits you between the eyes, and either amuses you or shocks you. You may not be able to justify your sense of the unfitness of it, but you feel it.

The real reason why a woman should not smoke is the reason why a child should not smoke. Opinions may differ as to whether or not men should smoke; but they do not differ as to whether boys should smoke. The matter is not even debatable. A boy should not smoke for the simple reason that he is more delicately organized than a man. He is growing, he is going through the critical period of adolescence; his face, hitherto smooth, soft, beautiful, and delicate as that of a woman, is beginning to sprout a beard; his voice, hitherto a thing of peculiar and haunting sweetness, the strange spiritual sweetness you

get from the minor cadences of a boy choir, is now deepening and changing to the bellow of the male animal. Neither before nor during this change in his life will any person of sense advocate tobacco for that boy—no matter what he thinks about tobacco for adults. The reason is that the lad is still a child. And, of course, the same would apply in the case of a young girl who is developing into a woman.



Can you imagine a woman nursing a baby while smoking a Pittsburgh stogie—or even a cigarette?



If there be a sound reason why women should not smoke cigarettes, it is the same reason why they should not smoke big black cigars or a pipe. There are certain considerations which, while very intangible, are nevertheless instinctively felt, and are very, very real. The author of this article has crystallized and made plain these elusive but very pertinent considerations.

The organization of the child is so delicate and fine, both physically and psychologically, that we all instinctively recognize the impropriety of permitting children to partake of strong alteratives and drugs. Wise parents do not even allow their children to have tea and coffee. And it goes without saying that alcohol is absolutely under the ban also.

This does not mean that one recognizes an arbitrary "double standard" of conduct as between children and adults; it does mean that one recognizes in the child a sensitiveness which the tougher organization of the adult has lost, a sensitiveness which cannot be disregarded without grave consequences.

To hear profanity or foul obscenity come from the mouth of an adult is not pleasing; but we take his greater toughness into account, shrug, and let it go at that. But how inexpressibly shocking to hear such things from the lips of a child! We don't accept toughness from children. Call this a "double-standard" if you like. The fact stands. Society reckons offenses by their consequences, not by their abstract morality. It will penalize you hardly at all if you steal a cent; it will send you up for a month if you steal a dollar; and for a year if you steal a hundred. And yet, ethically, stealing is stealing, regardless of the magnificence of the theft.

The question, therefore, of whether a woman should smoke need not be argued on

the debatable ground of abstract morality. There is plenty of food for thought in the question of the physical well-being of women, and of its consequences and implications for society.

Why, when the ship is sinking, does the cry go up, "Women and children first?" Why this instinctive classing of the women and children together, in spite of the fact that the women are adults, physically and mentally?

One obvious reason is that the physical strength of a woman, adult though she be, is usually less than that of a growing boy of, say, fourteen. Physically she is classed by men with the children, to be sheltered and cherished like them.

Again, a woman's organization, particularly if she be delicately reared, has about it the same delicacy of adjustment, the fineness, the sensitiveness to stimuli, which is characteristic of children. The delicacy is a little less pronounced, but it is there. This is not said in derogation but rather in praise. Indeed, it is this delicacy which men are most eager to preserve in women, and which they prize and love most greatly. They find in it certain æsthetic values which are of the

utmost importance, because of the spiritual conditions that produce them. Men prize this in women more than they prize mere physical beauty, which, however lovely, is a fleeting thing. It is the quality which makes many a woman beautiful at seventy. It is the quality which goes with the divinest side of motherhood. It peculiarly fits women to deal with children—to nourish them and raise them to maturity. It is this which brings the average mother closer to her (Continued on page 133)



The real reason why a woman should not smoke is the reason why a child should not smoke. A woman's organization has about it the same delicacy of adjustment, the sensitiveness to stimuli which is characteristic of children.



Photo by courtesy Vitagraph

I might have known that Mary was not one to give up so lightly. I suppose it was this uneasiness that made me occasionally sweep the horizon anticipating her pursuit.

Love and Marriage 100 Years from Now

By John R. Coryell

CHAPTER I

MY name is Oliver Rondale. Yes, I am he who discovered that extraordinary metal called oron, which added to glass at a certain stage of its manufacture renders it malleable. I do not mention this fact in any spirit of vanity, though I think I am justified in a measure of pride in connection with it. My reason for calling attention to it is only that it was in the course of a search for deposits of the peculiar clay in which oron is found that there occurred those happenings to which this tale is due.

From information given me by Professor Sylvester, the famous geologist, I believed that I would find the clay in question in the Rocky Mountains. So in the early part of June in the year 2022 I made preparations for an expedition of search, which I meant to be partly in the nature of a vacation.

I was only twenty-five years old at that time, and very naturally looked forward to the trip with the joy and enthusiasm of youth. I went over my airplane with great care to see that it was in prime order, and that it was fitted with everything necessary for both comfort and efficiency. And then, kissing my mother good bye, I was off.

I was connected with the William Penn Glass Works, located near Pittsburg, but my laboratory was in Westchester, where I lived with my mother. My airplane

was not by any means a fast one, so that I expected to be at least twenty hours in reaching the Rocky Mountains. Once there I might have weeks of search without satisfactory results.

I took the southern route to avoid the storms that were raging in the northwest, and I started at one o'clock in the morning for two reasons. One was that I might be near my destination before landing for my night's rest: and the other was that I hoped thereby to avoid an unpleasant scene with Mary Willard.

Mary was a splendid girl in many ways and I liked her as a friend. But she wanted to be my wife, and that didn't suit me at all. I had already refused her four times, but she was a persistent suitor, and would not take no for an answer. To be perfectly frank I was running away from another impending declaration, for I hated to hurt her feelings as I knew I must.

I chuckled as I glided through the air in the darkness of the early morning, putting a hundred miles between her and me with every hour and at the same time ridding myself of her importunities for weeks and maybe months, for I had warned Mother not to betray my whereabouts, and knew I could trust her. I had some hope indeed that Mary would get over her infatuation by the time I returned home.

I might have known that Mary was not one to give up so lightly; and as a matter of fact there remained with me all the while a vague uneasiness that annoyed me sub-

consciously even while I chuckled and congratulated myself on my cleverness in evading her.

I suppose it was this uneasiness that made me occasionally sweep the horizon. At any rate I kept watch behind me as well as in front, my new, powerful binoculars at my eyes. It was at about five o'clock in the afternoon that I caught sight of a speck in the northeast. I judged it to be about forty miles distant.

Something told me to watch it, and I did. Within an hour it had come within thirty miles of me, due partly to the fact that it was cutting across the sky at an angle. I put my detector into operation now that we were near enough together for it to work effectively: and I had not listened one minute before I groaned. It was Mary's plane. I knew it by a trick it had of missing a throb every so often.

I swung my plane around so as to run in her exact course; and then I pushed my engine to its highest power. It wasn't my hope to run away from her, for my best speed wasn't more than a hundred miles an hour, while her plane could make one hundred and fifteen. What I did hope was that I could keep sufficient distance between us to enable me to run into darkness, and then quietly steal down to earth and lie hidden for a few hours.

Thanks to a sudden clouding of the sky, I was enabled to execute my maneuver at about nine o'clock, when it was as dark as a pocket and when Mary was no more than ten miles behind me. I put out my lights and dropped slowly down, pretty sure I would encounter no habitations in that wild spot. I was grateful enough for the device for slowly settling that had taken the place of the old-fashioned way of gliding to earth that necessitated a level field for landing.

I came to earth lightly and then leaned out to listen. I knew her detector would acquaint Mary with the fact that I was no longer in flight, but I was counting on her inability to locate me within several miles. For a while the drone of her plane was distinctly audible. Then it ceased, began again and ceased again.

I knew what she was doing: she was dropping lower, trying to locate me by sight or sound as she volplaned. I sighed with relief as she passed over my head, not more than a hundred yards above me, calling as she went, "Oliver! Oliver! It's Mary!"

It was equally characteristic of her to risk so low a flight in the darkness, and to fail to realize that I had been running away from her. One of her serious faults was that she had no imagination.

I was up and away before daylight in the morning, hoping to get a sufficient start to enable me to hide in one of the numerous gorges until Mary had quite lost me.

Knowing her tenacity of purpose I had no hope that she would tire of the pursuit and give it up.

She must have had her detector in operation all night, probably looking at it at intervals, for I was hardly more than well under way when I found by my indicator that she was again after me. My only prospect of escape now was to drop into the first gorge I could come on after the coming of dawn enabled me to see.

I swept as low as I dared as soon as I could make out the mountains beneath me, and with the first streaks of dawn I picked out an opening that gave some promise of affording a hiding place, and dropped into it as suddenly as was safe. I reached the earth comfortably, and ran my plane into a grove of trees.

I knew there was nothing that could betray my presence from above, but I must confess I waited rather hopelessly for Mary to pass over me. She had not been more than ten miles behind me, and although in the dim light my plane had not been highly visible, I knew that with that monstrously mathematical mind of hers there was every chance of her being able to supplement her vision by a calculation that would enable her to fix my location accurately.

It may be wondered why I should so fear to encounter Mary. I won't try to explain, but I will venture to point out that it is no ordinary girl who will trail the object of her undesired affections almost across a continent for the purpose of making a fifth proposal of marriage.

I waited miserably, looking up through the leaves of the trees. I could hear the drone of the plane growing

louder and louder; and then I saw the plane overhead. I saw it stop, hover a moment and begin to settle. She was coming down exactly at the point that I had done so.

My impulse was to run, but my self-respect would not admit of that, so I waited where I was; and when her plane had come to earth, I stepped out from my concealment.

"Ollie darling!" she cried in her vehement way, coming toward me with open arms.

"No, Mary," I checked her. "No, no, no! My feelings have not changed since we last met."

"Would it hurt you to kiss me, Ollie dear?" she pleaded.

"I don't want to kiss you, Mary," I replied as gently as I could. "I don't feel toward you that way. I value your friendship, but I do not and cannot love you."

"Ollie," she remonstrated reproachfully, "you know as a scientist that it is not possible for you to be so sure of the future as to justify your saying you cannot love me."

"At any rate," I returned sulkily, "I feel now that love for you is impossible. Why not be friends and give up this mad infatuation of yours?"

In the Year 2022 A. D.

HAVE you ever thought, dear reader, of what this world will be one hundred years from now? Do you think that prophesy is possible? Not the prophesy of the soothsayer, or the astrologer who presumes to read the future in the stars, but prophesy based upon such an analysis of the things that have gone before and the obvious trend of currents of thought and human tendencies in general, that the developments of the future may be more or less ascertained? For instance, many students of conditions knew years and years ago that the inevitable World's War of 1914-1918 would in time come about. Can the future be similarly read through present-day tendencies?

The author of this story does not pretend to be a prophet. It is written as pure fiction and is not so much an exposition of the future as a commentary, not unmixed with satire, on our present civilization. The period of the story is placed in the year 2022. What do you think, reader, will have transpired by that time? How would you have written this story?—The Editor.

"Is there some other girl?" she asked with an air of challenge.

"No, there isn't," I assured her: "nevertheless I can't love you."

"You can and you shall," she cried joyously. "My love will compel yours. Love always begets love. Oh, Ollie darling! why hold out any longer? I'll never give you up. Am I not beautiful enough? Am I not gifted enough? Am I not fitted for motherhood?"

She was beautiful, she was gifted, and she was magnificently fitted for motherhood; but I didn't care for her type of beauty, I didn't like her dominating nature and her inflexibly mathematical brain, and her idea of motherhood did not please me. She meant to have just two children, a girl and a boy; and she was determined that her children should not interfere with her career. I wanted to marry a woman who loved children and who saw in them a career. Above all I meant to marry only a woman I loved. And I didn't love Mary, much as I admired many things in her.

"Mary," I declared firmly, "you are all that you say, but I don't want to marry you, and I won't. Why can't you leave me alone? There are men enough who would be glad to have you. There is Walter Ballard who would give his right hand to get you. Why don't you take him?"

"Walter! Pooh!" she cried contemptuously: "I wouldn't marry Walter if he was the last man on earth."

"Nor would I marry you if you were the last woman on earth," I exclaimed petulantly.

She smiled in her calm way. "Yes you would," she said: "and you'll marry me anyhow. Why, just think dear! If you married me you could go on with your research work while I earned money enough for both. I am sure that must tempt you."

"It doesn't in the least," I assured her. "I can earn all the money I need. And anyhow I would rather be poor all my life with the girl I love than be rich with you. Don't let's talk about it any more, for I see a lake over there and I need a bath and some sleep after being kept up most of the night by you."

"All right," she cried cheerfully, "let's have a bath and a good sleep, for I didn't have any too much last night."

I would have liked it better if she had taken her refusal in bad part and gone off in a dudgeon. Her cheerfulness was positively annoying to me. Besides I wanted her to go and leave me to my search for the oron-bearing clay. I could not force her to leave me, however, so I saw nothing for it but to fortify myself with endurance and go about my work as if she had not been present.

I can't believe it possible, but I am willing to admit that she might at last have broken down my resistance if it had not been for the extraordinary thing that happened.

CHAPTER II

We went down to the lake and stripped and had a most refreshing bath, though the water of that mountain lake was almost icy cold. When we had resumed our clothing and were on our way back to where we had left our planes, Mary suggested that I describe the appearance of the clay I sought so that she might help me find it.

"Mary," I said firmly, looking up from an examination of my engine, "I don't want or need any assistance. You especially are such a distracting influence that you

will be sure to hinder me. Won't you be sensible and go home?"

"I will Ollie darling," she answered tenderly, "if you will promise to marry me; not otherwise."

"Oh, don't begin that again," I cried impatiently. "I have told you before, and I tell you again—"

"One moment, young man!" broke in a strange, quavering voice.

Very much startled to find another human being in that desolate place, we turned sharply around and stared. What we saw was a very old man, albeit a sturdy one for his years.

"Where did you come from?" I demanded.

"I've been right here, behind those bushes, all the time," he answered. "I don't want to butt in—" I learned afterward that "butt in" was a slang expression once in common colloquial use, and meant intrude—"I don't want to butt in," he said, "but from what I've overheard, and from what I've seen of your goings on, I think it's up to me to tell you that you ought to marry the girl."

His use of archaic slang like "up to me" for example, gave a quaint flavor to his words, but it was easy enough to understand his meaning.

"But I don't want to marry her," I protested testily; "and I won't. Furthermore I see no reason why I should."

"You don't?" he cried indignantly. "If you haven't done any worse, and I believe you have from the way she has been begging you to marry her, you have compromised her. What'll her reputation be worth if it ever comes out that you two have been here alone together and going in swimming? I saw you, myself. I turned my back when I saw her taking her clothes off, but you can't deny she did it. For shame, young man! Do the right thing and make her your wife. You'll go a long way before you find a finer looking girl."

He evidently believed he had made a cogent argument for my marrying Mary, but I was puzzled. Mary, who had listened with an amused expression, laughed outright. "I don't follow the drift of your argument, old man," she said, "but I'm very much obliged for your efforts in my behalf. You needn't worry about my reputation, however; it's pretty well established, as Ollie will tell you. As for the swimming, I'll admit that Ollie can beat me for a distance, though for fifty yards I'm his equal. Isn't that so, Ollie?"

"Yes, that's so," I assented. "Her reputation is in no danger, old man, for even if we had had a race here, which we didn't, and I had claimed to have beaten her at fifty yards, it wouldn't have counted because it was not made under official conditions."

"So you see," said Mary, "that my reputation is in no danger. But what are you doing here? And where do you come from? Where's your plane?"

He looked from one to the other of us and shook his head slowly in bewilderment. "You want him to marry you, don't you?" he asked. "And there's a good reason why he should, isn't there?"

"The best of reasons," she answered. "I want him, and he's the only man I do want. This is the fifth time I've proposed to him, and I followed him all the way from New York to do it. I'll follow him to the North Pole if necessary to propose the sixth time and to the South Pole to do it the seventh time."

He studied her for a while, then looked at me and murmured, "I guess times have changed somehow. Say!" he exclaimed suddenly, "what year is this, please?"

"Two thousand and twenty-two," I answered.

He sighed and shook his head. "I knew it must be somewhere about that," he said. "That makes it just one hundred years that I've been shut up in this place. I've seen my wife and my children die one by one; and it's twenty years now since I've talked to another human being or seen a human face. It's been a long time and a lonesome time."

"Why didn't you leave here?" demanded Mary. "Anything wrong with your plane?"

He looked at her in mild wonder. "I haven't an airplane," he answered. "I wouldn't know how to run one if I had it."

"Why didn't you walk then?" asked Mary in her assured way. "I don't see the sense of staying here alone. I wouldn't have done it."

The old man studied her for a moment. I had an idea that he was beginning to understand why I didn't want to marry her. "There isn't any way to get out," he said quietly.

"You got in, didn't you?" she snapped.

"Yes," he responded patiently, "I got in; and after I was in rocks fell and blocked the passageway so that I couldn't get out. And that was the only outlet."

"Huh!" ejaculated Mary in a tone that implied that she would have found a way out.

I was exasperated. Here was Mary arguing about a most unimportant detail when there were matters of the utmost consequence to be discussed. But that was just like her. She had no imagination at all, and couldn't see that if this old man had been immured there for a century he must

be old enough to have seen the world in the days before we had made such wonderful progress.

"How old were you when you came here?" I seized the opportunity to inquire of the old man.

"I was thirty years old," he answered; "and my wife was only twenty. She should have outlived me. And

to think that I had to bury her and the two little girls! It was the most heart-rending task! And Twenty years alone!"

It was a piteous thought, and he looked the picture of pathos as he gave expression to it. "You'll not be alone any longer," I said reassuringly. "You'll go home with me, won't you?"

He looked up at me, and his voice was tremulous with emotion as he answered, "I'd like to see the world again before I die, but I'd like to be laid beside them. I know it's foolish, but I feel somehow as if I'd rest easier here. I suppose that would be too much trouble."

"Not at all." I assured him gently. "I promise you that when the time comes you shall be laid beside your wife, though you are so hale and hearty that I think that will be some time yet."

He smiled gratefully but shook his head doubtfully. "I don't know, I don't know," he sighed. "I'm pretty active for my years, but I can't live forever."

"I shouldn't think you'd want to," interposed Mary in her brusque way. "As for resting easy, you needn't worry about that, no matter where you're buried. One place will be the same as the other. Anyhow we cremate (Continued on page 76)



Posed by William Farnum. Courtesy of Fox Films.

Startled to find another human being in that desolate place, we turned around sharply and stared. What we saw was a very old man, albeit a sturdy one for his years.

Would You Eat Meat If You Had to Kill It?

By A. F. Harlow

DECORATIONS BY HUBBELL REED McBRIDE

DO you believe that you would ever eat meat again if you had to do the killing yourself? Did you ever see animals being killed for food purposes?

An article of this sort is necessarily very personal in its drift. I have perhaps been a little closer to the subject in some of its phases than some of you have. I cannot answer the question for you; I can only give my own experiences and reactions. Consequently, there will be a great many I's in this screed.

I shall never forget the first time that Death came into my ken. It might almost be said to have been my first bereavement.

I was born in a small city, and for the first eight years of my career I led the thoughtless, circumscribed existence of the city youngster, ignorant of the fundamentals and primitive realities of life. I loved a thick, succulent steak, a slice of sweet, juicy smoked ham with plenty of red gravy, or rich, spicy sausage molded by Mother's hands into round patties and fried a deep brown; and I never questioned where these meats came from or how they came, but my concern was only that they came often enough.

Then my family moved to a very small farm on the edge of a very small town, and I went with them willingly, for the going to any new scene, no matter where, was a great and joyous emprise to me in those days. Soon after we took up our bucolic pursuits, Father bought three small shoats for a dollar apiece, that being the market price for spring pigs that were ready to begin

eating anything and everything that was too badly spoiled for the family to consume. These were put in a pen, and throughout the summer and fall I was their keeper and steward. They all had names and were personalities. I condemned their tastes and sanitation, but reflecting upon their lack of education and opportunities I could not seriously blame them.

Then I began to hear the folks talk about killing the hogs, and a new and sickening phase of life was opened up to me.

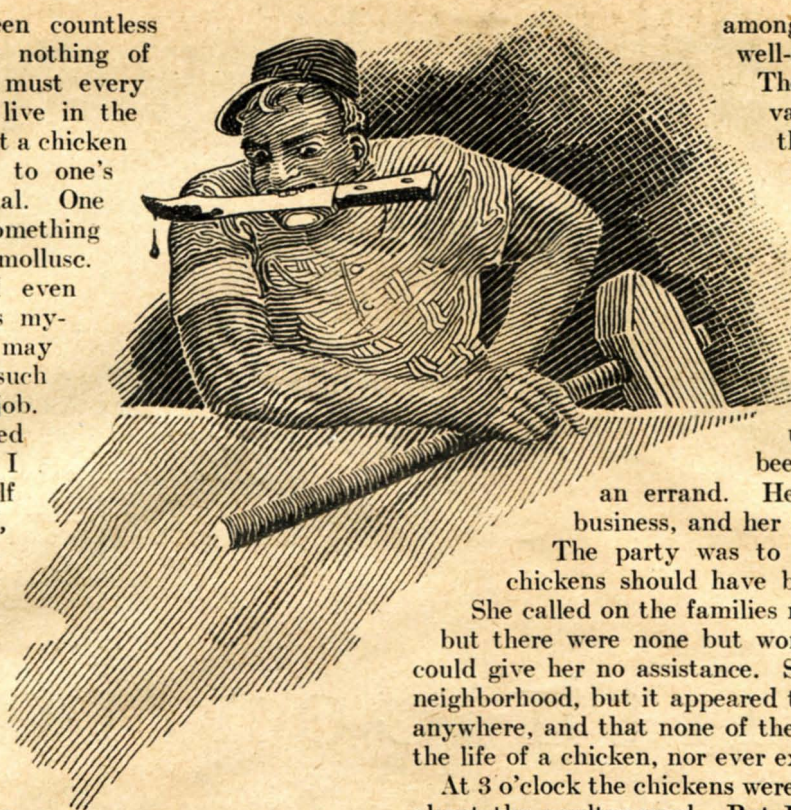
There came a cold day early in December when great kettles of water were put over the fire to boil, and a neighbor who had a reputation as a "killer" came over to help us. Previous to that time he had always been a mild, kindly soul who had done us many a friendly turn; but now he callously seized an axe, and with its blunt end he smote Blackie and Spot and Judy on their foreheads, so that they lay down and gave up the ghost with only a strangled squeal or so. I aged by several years that day. It was then that I realized the cruelty of existence. I saw that our careers are builded upon the misfortune and death of others. For a long time I could not bear to eat any of the meat—perhaps for three or four days. Then youthful elasticity and appetite prevailed.

Three years later, when I was twelve, I went with my father through a big packing plant, and saw all the processes, beginning with the killing. The deterrent effect was more lasting that time; I didn't touch any meat for a week.



Meanwhile I had seen countless chickens killed, to say nothing of ducks and turkeys, as must every youngster who doesn't live in the heart of a great city. But a chicken somehow didn't appeal to one's sensibilities like an animal. One regarded a chicken as something slightly higher than a mollusc. In my early 'teens I even learned to kill chickens myself. You who read this may never have committed such an act. It is not a nice job. I suppose I have killed hundreds of them, but I could never bring myself to wring their heads off, as I have seen others do. One quick, sharp blow with a hatchet—and my soul revolted even at that. I always hated to look the chicken in the eye just before I struck. How many of you ladies who love chicken salad or the delicious white breast of chicken or turkey would ever enjoy those meats if you had to kill the bird yourselves? Not many of you, I'll warrant. Women in the country get used to doing that sort of thing, but their sisters in town do not.

I recall an incident of several years ago which shows that the consumption even of fowls would be considerably less if the eaters had to do the killing. A number of us in our little college town in Indiana had planned to go to a pleasant spot on the creek and have a picnic supper. Eleanor X. was to contribute two fried chickens to the mess table. The grounds of Eleanor's beautiful home in the outskirts of town covered nearly half a block, and



among other adjuncts was a well-stocked poultry yard. The family cook was on a vacation that week, but that didn't matter, as Eleanor herself was an accomplished chef.

The afternoon of the picnic had arrived before Eleanor realized to her horror that she had to kill the chickens. The man of all work, who was the usual executioner, had been sent to the country on an errand. Her brother was at his business, and her father was out of town.

The party was to start at 3.30, and the chickens should have been killed before noon.

She called on the families next door on either side, but there were none but women at home, and they could give her no assistance. She 'phoned all over the neighborhood, but it appeared that there wasn't a man anywhere, and that none of the women had ever taken the life of a chicken, nor ever expected to do so.

At 3 o'clock the chickens were still strutting insolently about the poultry-yard. But Eleanor had found help. A tall, efficient girl down the street said she had never killed a chicken, but she had never yet backed down from an unpleasant job, and as Eleanor was in a hole, she'd do her darndest. They laid the chicken across a block; Eleanor took hold of its head and stretched the neck out as long as possible, then shut her eyes and screamed as the tall girl brought down the hatchet. The axewoman's aim wasn't always true, and one of the chickens got up and tried to run away with its head half-severed. When the girls got their job done, their nervous systems were a wreck. The party was a little late in getting started, but we had our fried chicken.

John Gay, the eighteenth- (Continued on page 126)





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Mr. and Mrs. R. C. Bland and twenty-one of their twenty-four living children, the total number of Mr. Bland's family by the present Mrs. Bland and her predecessor being thirty-five. Even if all these children were geniuses, the small farmer with such a family could not furnish the proper home, care, culture and educational advantages necessary to bring out the best in them. Some people, however, can afford large families. As Darwin said, "The human race breeds always from its lowest stocks, but it doesn't have to."

Birth Control

A Two-Edged Sword?

It Is the Only Road to Race-Improvement, But—May It Mean Retrogression?—What Is Your Own Relation to It?

By Albert Edward Wiggam

PRESIDENT HARDING recently wrote a letter which ought to have attracted international attention. The letter was addressed to a citizen of the United States, whose name would never otherwise have gotten before the public, congratulating him upon the fact that he had achieved a family of sixteen children. I naturally supposed upon reading President Harding's laudatory comments that the parents



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In France, which is famous for its small-sized families, this large family ought to be famous. The French Academy in Paris, in its campaign against the falling birth-rate, awarded a prize of twenty-five thousand francs to this family, living on a little farm in the village of Cornimont, in the Vosges. They look like substantial, well-to-do people of the better type. Such people should have large families.

of these children were persons of exceptional distinction in some field of science, commerce, art or public service, and that these fine talents would be inherited by the children to spread through the nation. What was my astonishment and disappointment, when I learned that this man's services to human society were valued by his fellow men at twenty dollars a week!

Now some of the greatest men who ever lived had fathers who earned even less



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President Harding sent his congratulations to Mr. Domenico Zacchea, on the score of his splendid large family. The occurrence, widely noted in the press, together with the news that the father earns only twenty dollars a week, bears on the question as to the effect on racial and national improvement of large versus small families. Of course the answer is found in who have the large families and who have the small families or none at all. The whole problem of eugenics is centered in the question of the birth rate in relation to the kind of people who most contribute to it. Large families among the better classes mean race improvement; large families among the poorer classes, with too much birth restriction among the better classes, mean retrogression.

than twenty dollars a week. But Sir Francis Galton, the founder of Eugenics, Havelock Ellis and others, have found that, in the long run, at least one-half of all the great men of the world, who have made civilization what it is, were born from parents who had achieved great distinction and usually wealth, and that nearly all the other half sprang from parents of the abler and more well-to-do classes.

Of course one must remember that fifty or a hundred years ago twenty dollars a week was a princely income and could be earned only by men of very excellent ability. But in our time and by our standards it does not usually indicate a very high order of human merit, although without a doubt there are rare exceptions. During his period in the White House, President Roosevelt wrote a number of letters similar to that of President Harding to parents of very similar economic status. However, some weeks ago the New York *Evening World* awarded a one hundred dollar prize to a family consisting of parents and their twelve children. No one can glance at the pictures of this family without instantly seeing from their excellent dress and address, their obvious physical health, vigor and good looks and their appearance of education and keen intelligence, that they are the sort of family deserving to be congratulated upon their numbers and upon which any biologist would congratulate the whole country.

But whether these particular families produce states-

men and scientists or alcoholics and paupers is not my immediate concern. The whole thing shows that the greatest statesmen in the world, in whose hands so much of our destiny rests, and upon whose exact technical knowledge of the factors that make or mar progress so much depends, are childishy ignorant—I can use no milder term—of the one central, never-ending, underlying problem of all statesmanship—the problem of *population*. James J. Hill, the railroad king, used to state grandiloquently that America would ere long have a population of five hundred million people if only we could build railroads to carry their produce to market!

Nearly every school boy has heard of a Rev. J. R. Malthus, an English preacher, who over one hundred years ago wrote a huge three volume work entitled "An Essay on Population," though many of our most eminent scientists have never read the book. It happens that I read it when a lad in college with great enthusiasm and interest. I doubtless understood very little of its enormous human significance, but I did wade through its ponderous pages. Probably no book in the history of the world has ever created so much controversy except Darwin's "Origin of Species."

The principal contention that Malthus set forth was that human beings increase until they reach the limit of their food supply. But the crucial point he made was that since every parent may produce several children of whom each is likely

(Continued on page 56)

The Man Who Was "Slipping" at Forty-five

And How He Survived and Came Back

By Wilbur Hall

ILLUSTRATIONS BY G. B. INWOOD

LITTLE old Doctor Wheat, usually prompt to the second, came into his office late, one spring morning, with a perturbed look on his face and an abstracted manner. He hung his overcoat in the wrong closet, called the trim nurse who greeted him Miss Terry—Miss Terry had been his assistant four years before!—and mistook the outer door of the suite for that leading to the consulting room. Miss McKellar set him straight, smiling. She had seen him absent-minded before. He thanked her mechanically and faced his associate, big, bluff, abrupt, warm-hearted Dr. Adrian Stull.

"Golf," he said, musingly; "and tennis, and yachting, and horseback riding—but they won't do. What other games could a man possibly get interested in, doctor?"

Dr. Stull grunted.

"Run, sheep, run!" he suggested. "And drop-the-handkerchief. Or draw poker. Or Old Maid."

Dr. Wheat puzzled for a moment over the answer, and slowly became conscious that he was being kidded. His genial little face was wreathed in smiles.

"Well, well!" he said, "you're a mine of information this morning, doctor. I was thinking aloud." His face sobered. "I'm late. I've been very busy—playing detective. Did you happen to notice this?"

He laid down before his associate a morning paper, opened at the financial page, and indicated a paragraph with his finger. His associate read the lines in his leisurely, thoughtful way.

Dr. E. B. C. Wheat and Dr. Adrian Stull were famous practitioners — the former one of the most skillful diagnosticians in five states, Dr. Stull a nationally known surgeon. That is, they had been. But an accidental discovery that they were both breaking down from overwork had led them to abandon the practice of the branches of their profession that called for patching up the human frame and system, and had cut a new path for

themselves. Luke Braslin, president of the American Coke, Coal and By-Products Company, one of their first patients, had dubbed them consulting physical engineers, and the phrase was admirable. Their new enterprise was an effort to diagnose and cure un-noticed and unsuspected symptoms before any sort of trouble could get hold of a man, and so forestall serious illness, collapse, health failure, and death itself. And a score of the most powerful, rich, and influential men in their territory had already had reason to acclaim their venture a boon and a godsend.

Dr. Stull looked up from the newspaper clipping Dr. Wheat had handed him.

"Humph!" he growled. "I don't see why I should be interested because Johnny Milgrane lost a big deal. I don't own stock in the Milgrane and McMurray Contracting Company." And he added: "Has this anything to do with your sudden interest in pinochle and polo and flying kites?"

Dr. Wheat laughed, a com-



"You will soon begin to forget all about contracting. It's the best prescription I know of to teach a man how to relax and to play again."

fortable, merry laugh that warmed the heart. "Flying kites!" he exclaimed. "Exactly the thing. I'm glad you mentioned it. And that newspaper item is the story of a man's life, boiled into a parable of ten lines."

"Go on, Aesop!"

"I will. You haven't forgotten that John Milgrane told us about this big dredging contract—it was one night at the Dewey's, wasn't it? Yes. Well, he thought he had it 'sewed up in a bag,' as he expressed it. He told us he had taken the specifications himself and figured the b'd personally, remember?"

"I remember."

"Quite so. Well, he lost the contract. I spent an hour this morning tip-toeing around Fort Street, and I find that the firm of Milgrane and McMurray is generally believed to be going down hill. Do you see now?"

"Certainly. You think John is slipping. Something wrong with him. But the games—"

"I'm going to send for him to come up here, doctor. And when he comes I want you to let me handle him. If you did it you would be in a finish fight in the middle of the floor before John knew what you were driving at."

"Maybe. All right. John's a fine fellow, but he is the most stubborn, pig-headed, iron-necked Sinn Fein mick outside of Dublin—"

Dr. Wheat interrupted with his merry laugh.

"That's what I meant, doctor," he said. "You'd be in the heat of the Irish question before he'd gotten the door closed. I'll have him up here tomorrow morning—and leave the Irish alone, will you?"

John Milgrane was not a big Irishman—if he had been he might have fulfilled his father's expectations for him and become a policeman. Instead he had gone to work at eighteen for a bricklayer. He couldn't lay brick, but it soon developed that he had an uncanny genius for managing men who could, and in time he was outside man for the contractor. From this his rise had been natural and rapid. At thirty he had been a contractor in his own name and right, and at thirty-five had joined forces with T. J. McMurray, an old man with his grip on the biggest contracting business in the state slipping because of his age. John Milgrane had brought into the partnership the necessary new blood, and there were fabulous stories of the fortunes made by this firm in the following ten years. It seemed incredible that the man



"I believe half the men in America have forgotten how to play. Not more than half of the bleacher players were in the game."

could have lost his power at the age of forty-five—Dr. Adrian Stull, who knew Milgrane pretty well, was scarcely willing to believe it. But he had more confidence in his merry, absent-minded little associate than he would have been willing for any one else to discover, and he awaited the Irish contractor's call with interest.

Milgrane came on the minute. He was a short, broad man, with a thin, sensitive face, and a nervous, rather jerky manner that was indicative of temperament—and temper. Dr. Stull sitting back in the beautifully appointed consulting room to give his partner an opportunity, observed that Milgrane looked drawn and that his clothes bagged on him somewhat. The man actually looked more like an Irish poet or player than a highly successful, close figuring, man-driving contractor.

Dr. Wheat made an oblique opening.

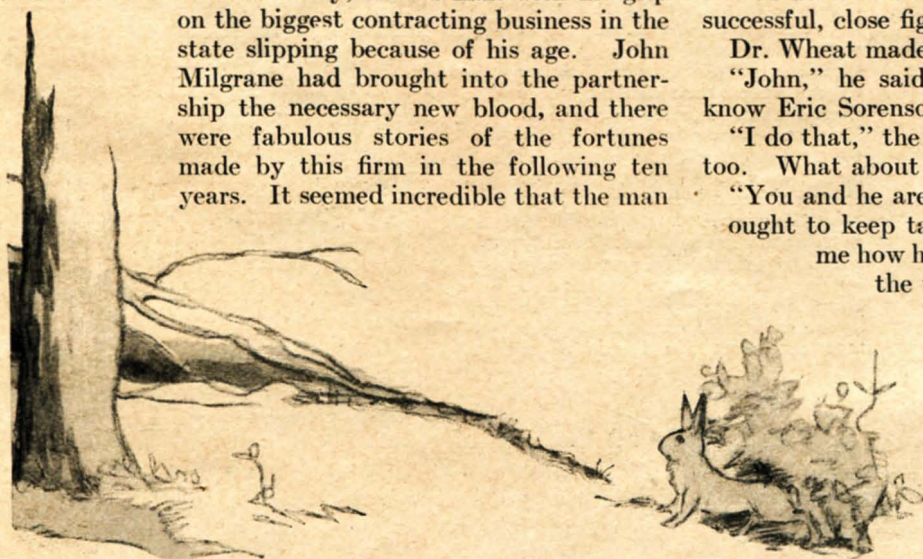
"John," he said, after the usual greetings, "do you know Eric Sorenson pretty well?"

"I do that," the contractor replied. "A fine sort he is, too. What about him?"

"You and he are in the same line of business and you ought to keep tab on him pretty well. Can you tell me how he keeps his business going and growing the way he does?"

"I cannot," Milgrane said, promptly.

"He's always going off on some trip or other, and touring around the West, and going to California, and he would have to have a boy to hold him up if he wore the medals and badges of all the orders he belongs to, and as (Continued on page 70)



This Bank Burglar "Got Away with It"

The Amazing Story of a Clean Living, Physical Culturistic Crook
Who Stayed Sober and Thus Out of Jail

By a Pal

FROM my own personal observations and experiences in the underworld I know that at least ninety per cent. of its inhabitants were addicted to drugs in some form or other, or to "booze." Among the pickpockets, cocaine and heroin were the usual drugs. House burglars were usually up against the "pipe," and the smoking of opium. Confidence men and gamblers also were smokers of the balmy soothing drug. Bank burglars were invariably whiskey drinkers and inveterate cigarette smokers.

Commissioner Weinstock of the New York State Prisons recently said that there had been an enormous increase in the number of drug addicts committed to the State penal institutions. In all of the fifteen years of my underworld life as a bank burglar, I can recall but one lone, solitary man that neither drank "booze," nor used drugs in any form whatever. He was the one fellow I knew who didn't even smoke a cigar or a cigarette. His chief and only form of dissipation was peanut molasses candy, sometimes caramels, occasionally marshmallows. It was a custom with us when we started out to burglarize a bank on a cold wintery night, for each of us to carry a small flask of whiskey. Ford carried his box of candy.

Jimmy Ford was my pal for ten years. And I'll say that he was the cleverest bank burglar that ever lived. That he was all I claim him to have been, I think is sufficiently evidenced by the fact that he never served a day in prison. Arrested once, photographed once, fingerprinted once—that was the extent of his contact with the law. Think it over a moment, reader. You have got to pause and think a minute before you get the significance of the thing. A man who could go all over the world for twenty years robbing banks, accumulating approximately one million dollars, and avoid detection, must certainly have been an unusual fellow. How did he do it? What was his system? Wherein did he differ

from other bank burglars who are in and out of prisons all the time, and who are practically serving a life term on the installment plan?

Jimmy Ford was an exponent of physical culture, the only one the underworld has ever known. Funny? I can

almost hear you laugh as you read this, just as he made me laugh many times as he went through his stunts of body building. Before we go any farther I think I should give you a word picture of the man. When first I met him in 1895 he was twenty-eight, and at that age he had already robbed twenty or thirty banks. He was about five feet, nine inches in height, weighed around one hundred and fifty pounds, possessor of great blue eyes radiating intelligence and cunning, the finest set of teeth that I have ever seen, and a florid complexion. He was immaculate in dress as well as in body. I have seen him stop and take a sponge bath at a stream in the woods while we were on a getaway. When we started out to rob a bank Ford always carried his "kit." The "kit" usually gave us a laugh, the contents being a tooth brush, tooth powder, sponge, towels, comb and brush, change of underwear, oil of mustard to fool the bloodhounds, and his inseparable box of candy. He was the most methodical bank burglar I have ever known. Regardless of where he was, in the woods, on the getaway, or lounging in a big city, his teeth had to be cleaned, he had to have his daily bath and go through his calisthenics.

If it happened that we were near a railroad he used coupling pins or fish plates for dumb-bells. (Fish plate is the term applied to the piece of steel with which railroad rails are joined together.) In the woods he scouted around until he

found the limb of a tree that he could reach for his chinning exercises. Finally we christened him "Sandow." In those days I laughed at him; everybody thought he was a "nut." What pleasure, we wondered, does he get out of life? He doesn't smoke, chew, or drink. Why



NOT a very good photograph, but still the only available picture of Jimmy Ford, for they never did get him into the Rogues' Gallery. The fact that he enjoyed a successful career as a professional bank burglar for fifteen years without ever spending a day in jail, while an interesting commentary on the efficacy of our police methods, only emphasizes the point of the author to the effect that one may owe even criminal success to the clear head and energy and courage due to a physical culture system of living. We have heard of "honor among thieves." Ford must have been the cleanest example of this, if there is such a thing. Society failed to punish him, yet he met his punishment for the life that he lived, in the very life that he lived, and its associations. He met death at the hands of a cowardly pal.

that fellow should be a parson, instead of a bank burglar.

At times when I grow reminiscent, my mind drifts back to my association with Ford. It is all perfectly clear to me now since I myself have reached the stage of the game where I appreciate the necessity of being physically fit in order to be mentally alert. Ford's physical fitness was the answer to why he was able to evade prisons and detectives for twenty years. The red lights of the tenderloins had no fascination for him. Only on

rare occasions was he seen in the hang-outs of the underworld where the rest of us congregated and made merry. Even the luxurious hotels did not attract him. His haven of rest in every city that he visited was the Y. M. C. A. His philosophy was naive. Once, upon our arrival in Columbia, South Carolina, I asked him to go to the hotel with me, to which he replied, "No Jack, I prefer the Y. M. C. A. I can have my swim every morning and the use of the gymnasium, and besides, the detectives never look for bank burglars in those places."

Smart fellow? He was a wizard. The detectives never caught Ford, because he was always anticipating them. He was never in the places that they raided because the filth of the underworld never appealed to him. His passion was physical culture. He would go a hundred miles out of his way to attend an athletic meet. Illustrating his love for these things, I want to touch briefly on the robbery of a bank at Courtney, South Carolina. It is usually the custom, after a bank robbery, to divide the loot the next day in the woods, but on the occasion of this robbery Ford started to make the division right in the bank. I asked him why the departure from the regular custom. "I want to catch the early morning passenger train on the Southern so that I can get into Washington to-morrow and make a connection for Boston. I want very much

to get there in time to see the Harvard and Yale game."

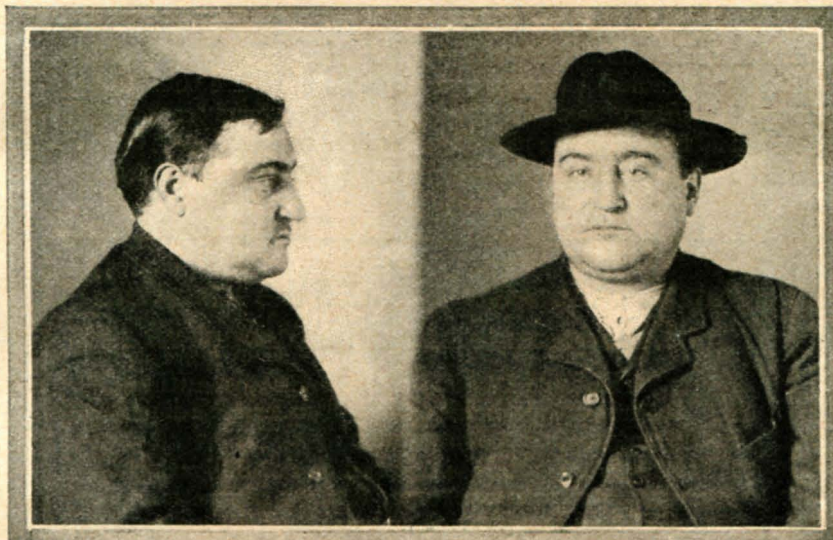
I have spoken of his being immaculate in his dress. I must tell of an incident that occurred one winter's night in the mountains of North Carolina. We had robbed a bank at Murphy, North Carolina, making our getaway to Asheville, North Carolina. On this trip Ford wore a suit of overalls to protect his finely tailored clothes. We had built a fire out of old railroad ties, beside which we lay down to await an early morning

freight train. Ford got one leg too close to the fire, and when he awoke his overalls and trousers were burning. Before he could put out the blaze the overalls and trousers had been destroyed up to the knee on one leg. The smoke of the fire had left his face black, and he was the most embarrassed looking fellow imaginable. Picture him, if you can, in this condition with a five karat diamond in his tie, and a five karat diamond on his hand, walking up the main street of a country town in search of overalls.

The story of his first and only capture is interesting. I must tell it to you. Our first robbery after his return from abroad was the bank at a town the name of which I am not in a position to disclose. A posse of citizens drove us away from the bank before we could get into the vault. During the shooting match Ford and I were

separated, and this is the story that he told me when I saw him again.

After he had walked all night he crawled into a small country schoolhouse, built a fire and fell asleep. He woke up in a stupor to find himself grappling with a burly negro. The negro had hit him on the head with the ax which the school teacher used to cut wood. The nigger grabbed Ford's five karat diamond out of his tie, and left him on the floor to bleed to death. The school teacher found him in the (Continued on page 110)



YOU may perhaps feel, gentle reader—and the more gentle you are the more pertinent this commentary—that you would scarcely care to meet either of these two men in a lonely place on a dark night. And let us assure you that you wouldn't, if you knew them. However, they are, at least for the present, under lock and key. These are typical Rogue's Gallery photographs, of the other kind of crook, the "regular" kind, not the Jimmy Ford kind. These are, above, Bill Swipes, and below, Eddie Portland, mentioned in one of the episodes given in this extraordinary story.



Who Are the Quacks?

By Annie Riley Hale

YOU see the Allopaths arrived first, with Hippocrates, and quickly seized all the natural strongholds,—popular ignorance and superstition, the laissez-faire instinct of the mob to be led or driven, and the panicky animal fear of pain and death. These they further fortified with traditions of medical learning and omniscience; with the alleged inability of the lay mind to grasp any ordinary physiological fact; and the pleasing fiction that every physician is a man of science, holding the only key to health.

And most potent of all the adventitious aids making for Allopathic exclusiveness and supremacy, is the veil of secrecy and mystery which has ever hung over their activities, and which the elaborate foreign and technical nomenclature of the medical schools rendered well-nigh impenetrable to the laity.

The element of mystery in medical practice, which has been such a source of profit to its votaries, was early and easily injected because of the notion among primitive peoples that disease was a manifestation of some occult power for evil; hence the first practitioners of the healing art were also the religious teachers—sorcerers, soothsayers, and the priests of the various altars, who sought by mystic signs (the forerunners of modern pharmaceutical cipher) and incantations, sometimes by the torture of the afflicted ones, to drive out the indwelling demons of bodily distempers.

A favorite method of expulsion was by administering concoctions from poisonous herbs, and in order that the dose might not kill the patient as well as his tormenting evil spirit, it became necessary for these early practitioners to study the nature and properties of herbs and minerals, to calculate their effects on the human system, and learn how much could be taken with impunity.

This was the origin of the "medicine men," and the elaborate drug baiting which subsequently held malign sway over sick humanity through many centuries, but which happily now shows a tendency to peter out in the sale of soap, perfumery, and tooth-brushes.

The art of healing in some form is as old as the race,

and strictly speaking there is no "Father of Medicine," although Hippocrates won the title by creating for it a literature, and by founding a school of medicine which bore the designation "Dogmatic," as teaching and practicing in accordance with a general principle and not empirically. He thus placed his art upon so firm a basis that later teachers have generally preferred to imitate or modify what he set forth, rather than venture upon new fields of inquiry. The maxim has been imputed to Hippoc-

rates: "Sacred knowledge may be communicated only to the initiated; the profane may not be taught before their initiation," and the vow of secrecy imposed upon the novitiate in his school was styled the "Hippocratic Oath." No doubt this was an inheritance from an earlier practice when it was accounted sacrilege for any to intrude upon a priestly function; he was certain to meet the fate of Korah and King Uzziah.

Pliny relates that Galen, in the Second Century, narrowly escaped mob violence at Rome, for delivering a series of public lectures on anatomy at the request of the leading men of the city, noblemen, savants, and philosophers, among them the Emperor Marcus Aurelius, but for whose

protecting favor, the famous physician would probably have been arraigned and put to death. For he was charged with "a violation of the code in force among Roman physicians, as well as of the so-called Hippocratic Oath, which forbade the instructing of non-medical persons in any of the mysteries of professional knowledge." The historian declares this to have been merely "the desired pretext" for venting upon Galen the jealousy and enmity of the Roman guild of physicians, who hated him because "he was infinitely their superior in skill, erudition, and liberality of sentiment." Very significant of the power of this Roman medical guild over the minds of the Roman populace, however, was the fact that despite the powerful friendship of the Emperor, Galen was compelled to desist from lecturing, and was denounced by all the ribald epithets—"quack," among others—current among (Continued on page 104)

Are the Allopaths "Stealing the Thunder" of Homeopaths and Naturopaths?

DR. WILLIAM OSLER, world's greatest authority on drugs, says in his article "Modern Medicine," in the Encyclopedia Americana:

"The new school does not feel under obligation to give any medicines whatever, while a generation ago not only could few physicians have held their practice unless they did, but few would have thought it safe or scientific. Of course there are still many cases where the patient or the patient's friends must be humored by administering medicine or alleged medicine where it is not really needed, except where the buoyancy of mind, the real curative agent, can only be created by making him wait hopefully for the expected action of the medicine; and some physicians still cannot unlearn their old training. But the change is great. The modern treatment of disease relies very greatly on the old so-called 'natural' methods, diet and exercise, bathing and massage,—in other words giving the natural forces the fullest scope by easy and thorough nutrition, increased flow of blood, and removal of obstructions to the excretory systems, or the circulation in the tissues. Take for example typhoid fever . . . It was perfectly certain that Homeopaths lost no more of their patients than others. There was but one conclusion to draw—that most drugs had no effect whatever on the diseases for which they were administered."



The Macfadden family group. Byrne, seventeen, and Helen, fifteen, at the top. From left to right, Bernice over eight, Braunda over five, Byron, eleven days, Beverly under four, Beulah under seven. A live "bunch" of real physical culturists.

Determining the Sex of Your Child

Has the Mystery of Sex Predetermination Been Solved?

By Bernarr Macfadden

HUMAN life is a deep, vast, impenetrable mystery, which science is gradually unraveling. The more we learn about it, the more we realize how very little we know. It is unthinkable that the time will ever come when mystery will cease to be. Yet one by one those subjects which were swathed in the profoundest darkness are today unfolding under the searchlight of understanding; and what was once obscure and complicated to unenlightened man appears simple and crystal clear to modern humanity.

The most learned anatomical expert is as much confused concerning some of the factors of life as is the mere student. We have learned much regarding physiological activities. The digestion and assimilation of food, for

example, have been analyzed in detail. The various processes that our food passes through in the making of blood, the life fluid, are taught in every physiology. Medical books will tell you all about the causes, nature and symptoms of diverse diseases.

The subject of sex determination is one of the most baffling and elusive mysteries in life; it has interested and puzzled man since he was able to think. Owing to wars and other factors which expose the males of the human race to danger, there has always been a slight preponderance of females in most parts of the world. There are a few sections in the tropics where the situation is reversed, with the result that polyandry is practised among the natives.

Roughly speaking,

WHAT would it be worth to parents if they could decide in advance the sex of the child desired? It would seem from the conclusion presented in this article that the solution of this puzzling problem is comparatively simple. It is shown how the desired object was obtained in this instance and the method is so clearly described that parents can test out the idea for themselves. Have we at last penetrated this mystery that has baffled the civilized world for generations?

Read this article and decide for yourselves.



Above, Beverly Macfadden all ready for the Russian ballet. At the right, Braunda Macfadden, a husky representation of the Macfadden method of beauty building.

however, before the World War, the ratio was something like 105 females to every 100 males, as a world average. Since there were about 10,000,000 men's lives sacrificed in the late war, the subject of repopulation has been of supreme importance in all countries participating. Naturally, girls are not so much desired as boys under these circumstances.

In many families most of the children are of one sex. In one family it will be boys, in another, girls. After the appearance of two or three girls or boys, whichever it may be, the parents want a change of sex.

If a girl has not one or more brothers, there is much in the life of boys which she does not learn; she needs the association with brothers to properly complete her education. A girl who has had brothers in her home understands the opposite sex far better than one who has not. She apprehends much about the opposite sex that would be a closed book without such association.

The same statement can be made with the situation reversed. A boy needs sisters to keep him from idealizing or vulgarizing the opposite sex. It seems that a boy's

mind in circumstances of this nature runs to either extreme: Girls are idealized, looked upon as demi-goddesses; or they are associated with vulgar thoughts. Either extreme is bad.

A boy should understand that girls are human beings with all the faults and frailties common to humanity. If a boy without a sister places his prospective wife on a pedestal, he is making trouble for himself and for her. A marriage founded on such false ideals, is apt to prove a practical failure.

Therefore, what would it be worth to the average parent, to have a definite, scientific method that could be relied upon with a reasonable amount of surety, for determining the sex of the coming child? Such a method, if dependable would be of incalculable value. Many parents would be willing to make great sacrifices in order to obtain reliable information of this character.

Many theories of sex determination have been propounded, and quite as often have they been exploded.

The theory of the late Dr. Schenck of Vienna, concurred in by many scientists, is that favorable conditions, as of nourishment, temperature, are likely to result in the birth of females; while unfavorable conditions tend to produce males. "That good nourishment," says an English writer, "appears to produce a distinct preponderance of females is perhaps the single result that can be regarded at present as clearly proven and generally accepted. The agency of temperature also is of considerable importance." Experiment, it is said, shows this to be true of both plant and animal life. Starved caterpillars, for example, produce male butterflies, while those that are highly nourished before entering the chrysalis state produce females.

The human species appears to be less dependent upon these differences; though prosperity and high living are said to favor somewhat the birth of girls, and poverty and hunger that of boys; while a larger proportion of

males is born during the cold months than during the warm.

A doctrine of sex determination is fully elaborated in the *Talmud*, and to it is said to be due much of the virility of the Jewish race. Meyerbeer, the German composer, relates that one day at dinner with Louis-Philippe, the French king asked him whether he had any children.

"Yes, sire," answered the musician, "but I regret to say that I have only daughters."

"What!" cried the king. "You, a Jew, and yet ignorant of the art of begetting boys! During my exile in Switzerland I made the acquaintance of a rabbi who



gave me lessons in German; but the thing of most value that he taught me was how to contract a timely marriage and to have sons and daughters at will."

And forthwith the king communicated to his Jewish friend the rabbinical secret, as found in the *Talmud*, of determining at will whether a child should be a male or a female.

"And I assure you," added his majesty, "that my experience has fully justified the theory; for I have been able to announce in advance to my relations and acquaintances, the coming of my son or of my daughter."

The crux of this theory is that if the man is first in the crisis of love, he begets a female; if the woman is first, she will bring forth a man-child.

In further expounding the mystery of generation the *Talmud* says, in order to have a son, it is necessary to wait until the wife ardently desires her husband, as Leah desired Jacob.

To have a daughter, it is necessary on the contrary, that the man, having a violent desire for his wife, "surprise her—so to say—with an improvised and prolonged feast of love."

A French advocate of this

doctrine cites in favor of the idea a report of the Academy of Medicine on the art of producing males and females among cattle and horses. This report, he says, corroborates in toto the teaching of the *Talmud*.

"No physician has ever yet published so profound, so extended, so clear an exposition of these matters as is contained in the *Talmud*," wrote the late Dr. Goldschmid of the Jewish Hospital in Frankfort-on-the-Main.

The writer's interest in this subject has always been very keen. I have carefully studied the various theories propounded and many of them have seemed reasonable. Their authors in practically every instance, have vehemently maintained that their particular theory was the only dependable one.

My interest in sex determination was materially increased because of the experience in my own family.

With six daughters on my hands, I was in a position where I wanted to be reasonably sure that the next child would be a son. I discussed this subject with my wife on many occasions, and we carefully went over all the theories that have been presented on this important subject. Many were so complicated they were hard to test. Others were pure theory that had not been tested in any way. One by one these were put aside as hardly worthy of a trial.

We were fully determined to have a son.

When the first child was born in my present family, my wife was very much disappointed because it proved

to be a girl. Personally, I was as well satisfied with a girl as I should have been with a boy.

Practically the same can be said when the next child arrived, but the mother's disappointment was a little more keen.

And when the third and fourth children both appeared as girls, the disappointment was almost too much for the mother. Immediately after the birth of the fourth child, she naturally inquired as to its sex. When told it was a girl, she broke down and cried bitterly at the keenness of her disappointment, saying, "Take it away, I don't want it!"

After this experience, however, she said to me, "I am not going to try again. I wanted every one of those children to be a boy, and it looks as though it is impossible for me to be the mother of a boy. So I am going to quit. No more family for me!"



Two poses of Braunda Macfadden, the five year old Venus of the Macfadden family. She seems destined to be a terpsichorean artist.



She kept her word for more than three years, and then came that old hankering for a son. She wanted a boy to bear our name.

About this time I became very much interested in a theory advanced by a well-known physician; it was tested out in Germany under favorable circumstances, during the war. I discussed with my wife the conclusions in connection with this theory, and finally we determined to put it to a practical test.

She resolved to make one more attempt to have a son.

The result of this experiment is shown in the photograph reproduced here, in the form of Byron Macfadden.

This child is a lusty little fellow. He weighed over eleven pounds at birth. He smiled winningly at his mother when he was ten or twelve



Byron Macfadden, eleven days old. A real "live" baby for this early age. He gives promise of being a sturdy worker in the physical culture cause.

Below, a bevy of smiling Macfadden beauties all in dancing costumes.

days old. The picture here shown was taken when he was eleven days old.

The suspense before the child's birth was of course rather keen. There would have been almost a tragedy in our family, I am convinced, if this child had been a girl. The mother had determined that it should be a boy, and I doubt if she could have borne an additional disappointment.

When the child was born, notwithstanding the agony of such a crisis, she immediately inquired as to its sex.

When told it was a boy, a seraphic smile overspread her features, a smile that comes only on rare occasions in a lifetime. And for the moment, at least, she forgot all the pain she had just undergone.

Of course, all babies are wonderful. (Continued on page 87)



A Whole Wheat Miracle

The Revolutionary Move of the Ward Baking Company of New York City
in the Production of Honest Whole Wheat Bread on a Gigantic Scale

By Alfred W. McCann



Alfred W. McCann

THE Ward Baking Company took the white bread industry of the United States by a complete surprise when it announced, January 16, 1922, the immediate delivery, through seventeen thousand grocery and delicatessen stores of the metropolitan area, of two hundred and forty thousand pounds of genuine whole wheat bread, baked from one hundred per cent. whole wheat meal to which nothing had been added, and from which no par-

ticle had been taken away.

Thus the three New York, Brooklyn and Newark plants of the largest bread bakery in the world have created a situation of profound embarrassment to the millers and bleachers of white patent flour. The revolutionary character of this extraordinary innovation promises to shake the nation's milling system to the core. It was preceded by a withering condemnation of the bleached flour industry over the signature of George S. Ward, president of the Ward Baking Company.

Without pussy-footing of any kind, Mr. Ward put his company on record with the following statement: "Not only do we refuse to allow a barrel of bleached flour to enter our doors, but in our specifications covering

our purchases we provide against this possibility. We maintain a laboratory fully equipped for the testing of every carload delivered to us from the mill. We check up by analyzing for chlorine and nitrites, so that none of the bleaching systems now in operation is able to get a pound of bleached flour into any of our bakeries. We invite the keenest scrutiny of our standards and specifications.

"We will welcome committees, squads, corps of investigators. All enemies of bleached flour are urged to visit us. University students trained in technique are asked to come to our laboratory, bringing their own re-agents to make their own tests. State chemists, federal chemists and chemists connected with our New York City Health Department will be received with open arms. We will spare neither time nor trouble to assist them in every possible way to check up on our claims. Once and for all, positively, we wish to emphasize in the strongest and most solemn manner that we do not use chemically bleached flour of any kind whatsoever, and will not tolerate its use.

"Furthermore, the mills supplying us are required to submit mill standards showing percentage of gluten, starch, fat and ash. Every barrel of flour must conform to these standards or we reject it.

"It did not require the death of a flour mill foreman in charge of a bleaching plant to inspire us to take a stand against bleached flour. We took the stand voluntarily, and if the time ever comes when we can no longer obtain unbleached flour from any American mill, we will do our own milling."

The original document over the signature of the president of the Ward Baking Company is in the possession of the writer. Its publication caused a sensation in the milling industry. But revolutionary as it appears in its challenge of the most notorious abuse now degrading the white flour industry, its significance was mild as compared with the reaction that fol-

Other Bakers Will Follow "Eventually—Why Not Now?"

ULTIMATELY the truth will prevail. The fundamentals of nutrition cannot and will not be eternally disregarded. For a score of years, and more, we have been fighting for honest, blood-making, health-building food. And particularly in the form of bread. There is no better evidence of the progress that has been made in this fight than the revolutionary action of the immense Ward Baking Company of New York City, in commencing suddenly the daily output of a quarter of a million pounds of honest, perfect, 100% whole wheat bread.

We feel that not only will this move react upon the health of the people of New York City and suburbs, but perhaps it will have even greater significance because of the influence of this example upon the bakers and baking companies throughout all America. Ultimately they will come to the production of honest food in the form of genuine whole wheat bread, to the exclusion of fake "Graham" loaves. But why not now? We feel that the example of the Ward Baking Company will hasten the day. —The Editor.

lowed the whole wheat thunderbolt that fell so shortly thereafter from the hands of the same company out of a white flour sky.

This headlong plunge of the world's largest bread baker into genuine unbolted wheat cannot fail to stam-pede the smug political-commercial advocates of what, up to this moment, has been all too comfortably regarded as a never-to-be molested (Continued on page 98)

"I've Kept My Beauty, Despite Motherhood"—Says Ida Schnall

An Interview by Graham W. Desbrow

ONE of the oldest fables among old wives' fables is that, after a baby or two, a woman ceases to be a girl. She becomes a "matron"—usually identified by a flabby condition of the breasts, a pendulous abdomen, and a rather luxurious accumulation of embonpoint.

Truth to tell, this description fits a distressingly large number of women who have borne children. This majority loses its slim girlish lines, the buoyancy, the grace, the bright vivacity, and the air of ingeniousness that is bound up with bright youth,—and that is so often smothered to death under a layer of fat.

This majority develops a stolidity, a mental and physical lethargy, and a fatuous resignation to what it is pleased to consider inevitable. It bows to the Mumbo Jumbo of its own mental creation; it accepts meekly the mandates of the Frankenstein it has itself created.

Yet the fact remains that unless a woman is actually swamped with household cares (and with the practice of intelligent birth control there isn't the slightest necessity for this) there is little or no excuse for her to become fat, flabby and careless.

Professionally known as Miss Ida Schnall, though in private life Mrs. A.W. Schnitzer, she is an unusual example of athletic womanhood, with a reputation among other things for daredevil stunts done for the movies. But the point of her story is that in spite of being a mother of two children, eight and two years old respectively, her physical culture life has enabled her to preserve her beauty of body undiminished.

One of the best proofs of this is furnished by a beautiful young lady, Miss Ida Schnall, who in private life is Mrs. A. W. Schnitzer, of Flatbush,—a very prosperous, populous and progressive suburb of Brooklyn, New York.

Ida Schnall is a champion swimmer, diver, runner, jumper and bowler. Also a champion beauty. And also the most skillful embroider and sock darning in Flatbush.

Miss Ida has won a peck of medals, awarded for proficiency in long distance running, sprinting, jumping, pole vaulting, shot putting, discus throwing, bicycle riding, tennis, dancing, horsemanship, golf, cricket, basket ball, tumbling and ice skating. Also as recognition for a performance of numerous hair-raising stunts.

And yet she shapes and trims her own hats, and could have given cards and spades to Penelope or Arachne in turning out feminine "pretties." She makes most of her own clothes, and could get a job almost any day as an expert designer of cloaks and suits.

Ida Schnall, be it remembered, is the same young daredevil who dove from the wing of an aeroplane into the ocean in Brighton Beach one fine day last summer, giving the spectators the thrill of their young lives.

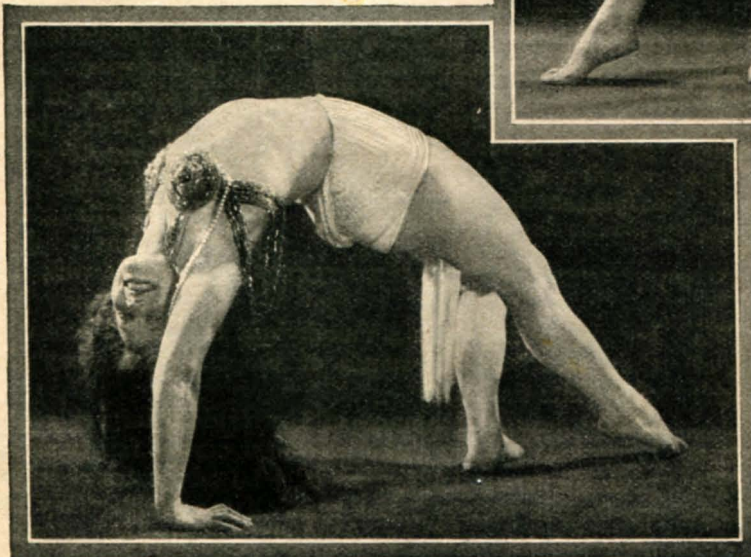
During the Liberty Loan campaign, she jumped off the roof of Borough Hall, Brooklyn into a fireman's net. This feat

she duplicated from the roof of the Stock Exchange in New York.

The crowd "chipped in" fourteen thousand dollars toward the Liberty Loan on the strength of these thrillers, which seems little enough, considering the risk of life and death run by this daring young woman.

However, Miss Schnall did even better when she went "over the top" of the longest aerial ladder the New York Fire Department could bring down to the battle ground of the bulls and bears.

For, crawling over the topmost rung, and



hanging by her toes or her knees at this dizzy height, she brought in subscriptions for half a million dollars. Her reckless abandon almost brought on an attack of heart failure to one plump broker, and caused another to rip his silk shirt into shreds on his goose pimples. But Miss Ida brought home the bacon.

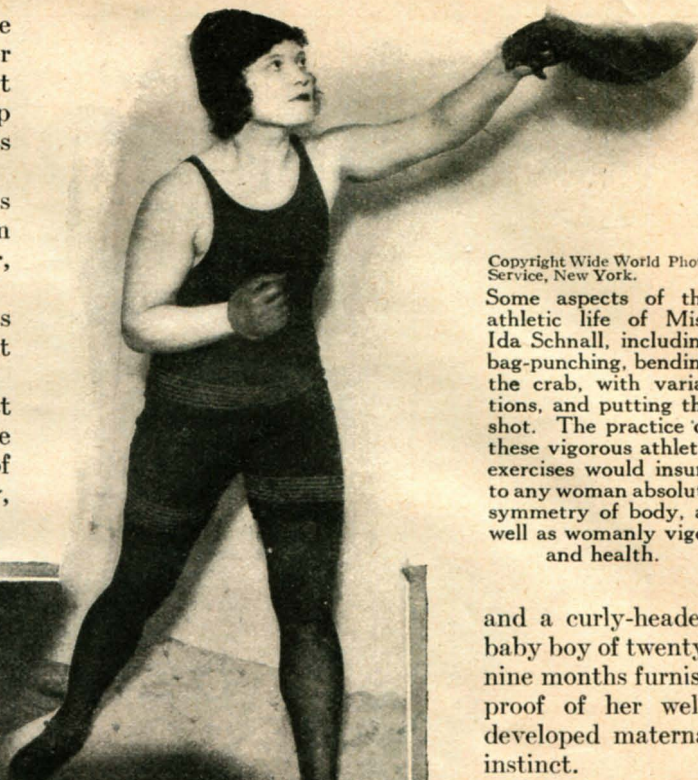
A remarkably cool-headed and capable woman is Miss Schnall. And yet thoroughly feminine in appearance, in tastes;—even in her pride in her beautiful blonde hair, and in her avowed antipathy for the "bobbed" head.

Miss Schnall is also an expert in ballplaying, and was the captain, organizer and manager of one of the first woman's baseball teams formed in New York City.

She can duplicate practically any stunt in diving that can be accomplished by a woman diver, and during the run at the Winter Garden in 1913, she took the place of the renowned Australian diver and professional beauty, Annette Kellermann. She made such a success in her Kellermann role, that following her Winter Garden appearance, Miss Schnall was engaged to play the leading role in *Undine*, the great realistic feature photo play as "The Answer of the Sea."

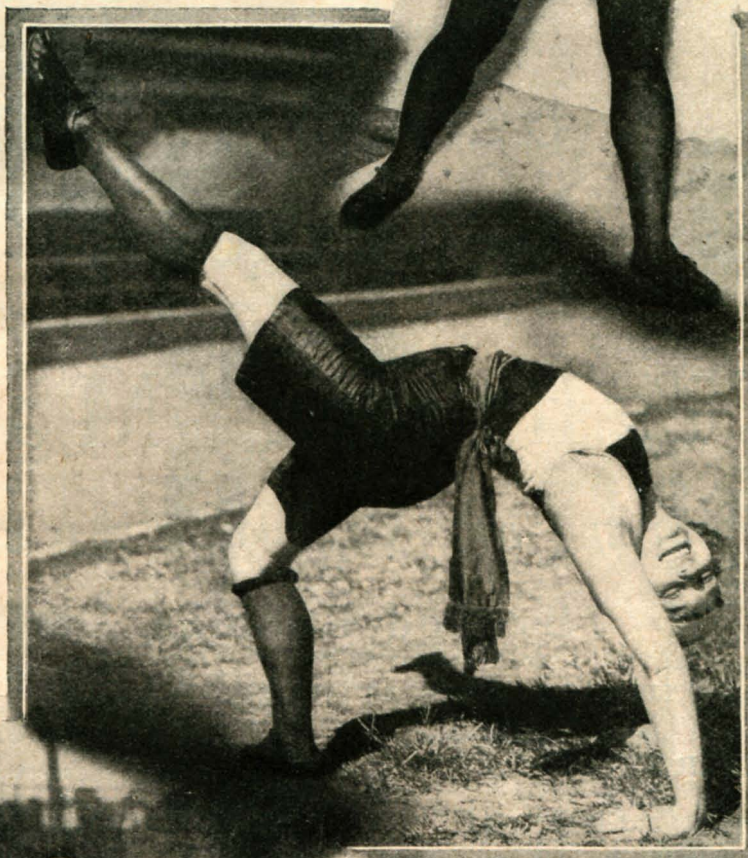
One remarkable characteristic of this unusual young woman is the velvety softness of her muscles when relaxed, contrasted with their sinewy Amazonian development when tensed.

But the most unique fact concerning Mrs. Schnitzer is that she has twice been through the ordeal of motherhood. A splendid boy of eight,



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Some aspects of the athletic life of Miss Ida Schnall, including bag-punching, bending the crab, with variations, and putting the shot. The practice of these vigorous athletic exercises would insure to any woman absolute symmetry of body, as well as womanly vigor and health.



and a curly-headed baby boy of twenty-nine months furnish proof of her well-developed maternal instinct.

Yet the contour of Mrs. Schnitzer is such that at a contest recently held in California, she was awarded a huge loving cup, as a tribute to her being the most beautifully formed woman in America!

Many famous stage beauties were entered in this contest. But the judges were unanimous in awarding the prize to her.

Miss Schnall's breasts are firm and rounded. There is in her figure, not the slightest indica-

tion of the fact that she has been a mother.

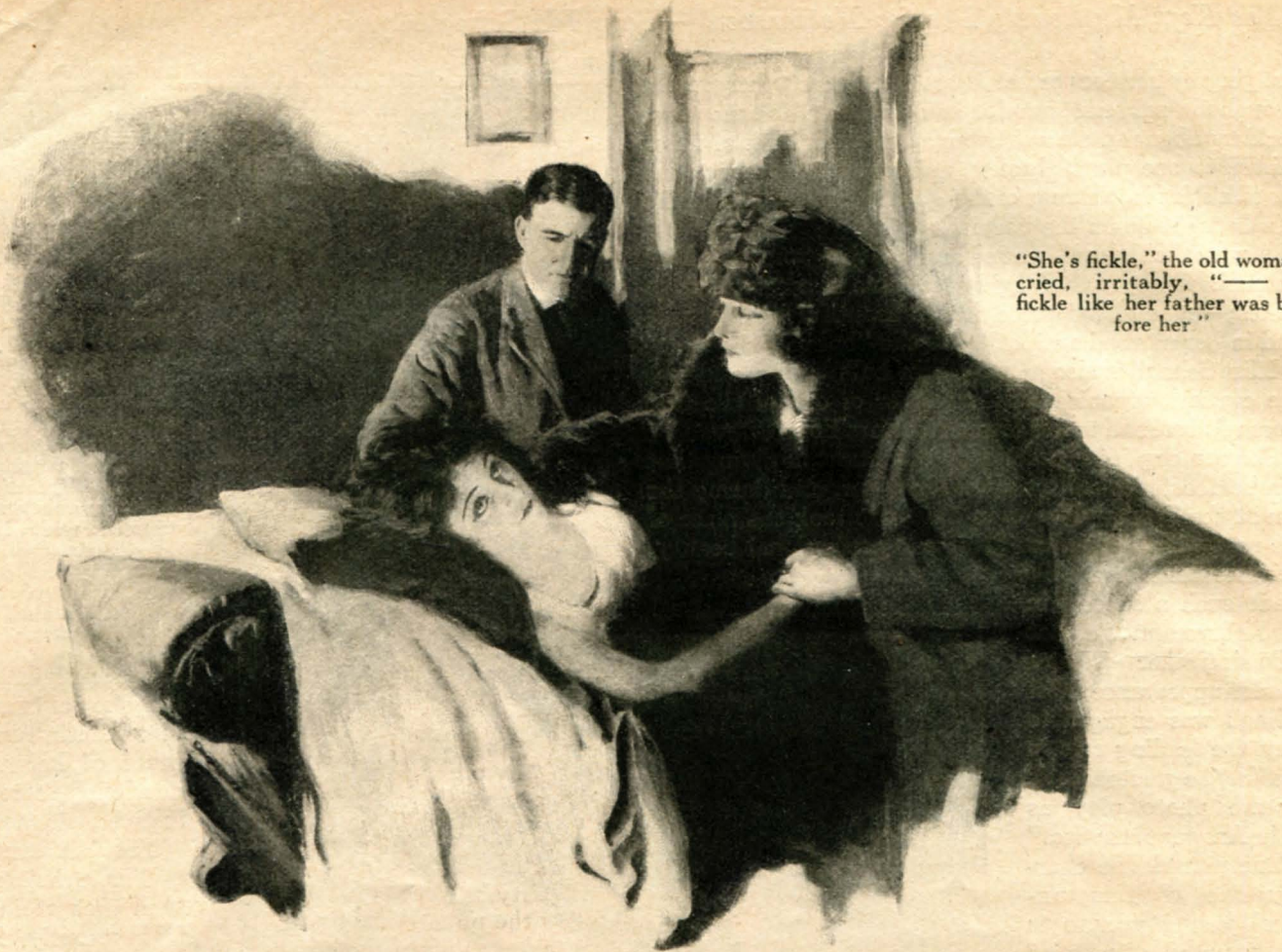
What Mrs. Schnitzer has done, any woman can do. It requires merely that the woman shall first banish the thought that the loss of her figure is foredoomed. And then, that she follow the simple precepts here laid down for keeping the rounded slenderness of girlhood until the soft gray of the twilight years have merged into the velvet dusk of long night.

How I Bore Two Children—Yet Kept My Girlish Figure

By Ida Schnall

I AM twenty-six years of age, and I have borne two beautiful children. The older boy is now eight, the baby twenty-nine months old. (Continued on page 64)





"She's fickle," the old woman cried, irritably, "— as fickle like her father was before her"

Fighting Mad

The Story of a Warped Soul

By Tod Robbins

ILLUSTRATIONS BY ANGELO STUDIOS

CHAPTER XII

TWO days later I called at Jenkins' office. My arm was still very sore, but my lip was healing nicely. Roberts had painted my black eye so cleverly, with such an artistic touch, that no one would have noticed it but the lawyer.

"Ah," said he, looking up at me from his desk, "you've been fighting. Who struck the first blow? You did, eh? Well, that's foolish,—very foolish. It leaves you open for a damage suit."

"But I got all the damage that was coming in this fight. Besides, the man I fought is a very good friend of mine and wouldn't sue me."

"They're the very kind that *do* sue you," he cried irritably. "Friends! There's no such thing as friends. The word friend should be left out of a thinking man's vocabulary. Set a dozen friends afloat on a raft with no food, and see how soon they'd be eating each other. Eh, Tom?"

The mathematical boy, who had been pounding away on the typewriter, looked up with an expectant air.

"I want to know," said Jenkins, "how long it would

be before a dozen friends, set adrift on the ocean without any food, would start eating one another?"

"Can't tell," said Tom, shaking his large head from side to side. "Depends upon friends. Physical conditions, or appetites of friends."

"Well, I suppose you think that there's no such thing as love, either?" I broke in.

"Love!" cried Jenkins, holding up his hands in horror. "Good Lord, is the man mad? Love is worse than friendship. To be sure there *is* love of life, love of money, love of eating, and so forth; but if you mean the kind the poets prate about, you certainly are hanging by your teeth on the ragged edge of reason. Love is the greatest hoax, the biggest swindling game on the market. A man sues another man for alienating his wife's affections, when he knows in his heart that his wife never had any affection for anyone but herself. I tell you it's a gold brick—that's what love is. If you were in my profession, you'd very soon learn that it's merely a case of dollars and cents."

I looked over at the mathematical boy and saw that he was laughing heartily, silently, disclosing his sharp irregular teeth.

"He," said Jenkins, pointing at the boy with a long bony finger, "proved to his own mathematical satisfaction that there is no such thing. How about it, Tom?"

"Love," began the boy in his strange deep voice, "is a myth handed down to us from our ancestors. Physical attraction combined with this myth is what the ignorant call love. Subtract the myth and we have married life. Subtract the physical attraction, and we have nothing, unless it is divorce."

"Very well put, Tom!" cried Jenkins in high good humor, "very well put! Quite surprising for a boy of his years. Eh, Colgate?"

"The most remarkable monstrosity I have ever beheld," I answered in a whisper.

"Isn't he though?" said Jenkins, rubbing his hands together. "Isn't he? That's what I always say. The most remarkable boy on two legs, I call him."

"But why is he so bitter on love?" I asked. "Have his young affections been nipped in the bud by some cruel creature in short skirts?"

"I don't know," said Jenkins, scratching his head dubiously. "But Tom hates this prattle about love. He's loathed it from his cradle. It's the only subject besides mathematics that he grows quite talkative on. But you're not going yet, Mr. Colgate?"

"Yes, I've got to hurry along."

"Give her my best wishes," Jenkins said with a broad grin. "And her mother, too. She certainly is a pretty girl, eh, Colgate?"

"Whom are you talking about?" I asked angrily.

"Why Mrs. Hogan's boarders, of course," said he with a surprised air.

Then I lied to him. "I'm not going there," I muttered.

"Oh, aren't you? Now isn't that peculiar, for I fancied that you were. How stupid of me, Mr. Colgate. But if you do happen to see her, give her my best wishes, won't you?"

"But I won't see her," I cried in desperation. "Why should I see her?"

"Of course not," said he, shrugging his shoulders. "Why should you, indeed? But I'm an old man, Mr. Colgate—past middle age now—and, when an old man gets an idea in his head, it's hard for him to get it out. So I know you'll bear with me when I say again, give her my best wishes when you see her, Mr. Colgate."

The sour smile on his face, as he bowed to me over his desk, and the gleam in the eyes of the mathematical boy, told me plainly that both knew that I had been lying and that both were enjoying my discomfiture immensely.

I paused at the door. "Do you know Dr. Roberts?" I called to Jenkins, who had again taken up his discarded

papers. "He'd do you a lot of good. Take my advice and meet him. Open up the windows, too, and let a breath of fresh air into the room."

"What Dr. Roberts?" he asked, looking up at me suspiciously. "Not Dr. John Roberts?"

"Yes, that's the man."

"Then I know him already," he cried irritably. "He's a fit subject for a lunatic asylum. He actually pretends to love his fellow men. A doctor who loves humanity! What a joke that is! He's clever though in some ways. He tried to take me in this morning, but I was a little too sharp for him."

"How was that?"

"He was here to-day. He's a doctor, mind you. He knew I had a cold, for I remember distinctly blowing my nose, although I tried hard not to. It's a dangerous thing to let on there's anything the matter with you when there's a medical man about the premises. Well, as I say, I blew my nose and that gave him his chance. 'Open the window, you old fool, and let some air in,' he cried."

"Well, what of it?"

"You see it was the same advice you just gave me. With him of course it was a case of pills and bills, while I can't see your object. He didn't catch me napping though—no, not for a minute. They were tight closed then, and they're tight closed now, and they're going to stay tight closed as long as I have this office. Good day, Mr. Colgate."

CHAPTER XIII

In spite of my positive statement to Jenkins, two hours later found me ringing Mrs. Hogan's bell. I could hear it jangling within; but

no one came to the door. Thinking everyone was out, I was turning away when I heard light footfalls in the hall. A moment later Eleanor Watson confronted me.

"Oh, what a fright you gave me!" she cried breathlessly. "I heard the bell ringing for ever so long, but I thought it might be a burglar. Come in, Mr. Colgate."

"Where's Mrs. Hogan?" I asked, stepping into the hallway.

"Oh, you came to see her, didn't you?" she said, with a touch of disappointment in her voice. "She's out now. Maybe you would rather not wait."

"Hold on. I didn't come to see Mrs. Hogan. She just served as a pretext."

"Then why did you ask for her?"

"Because I wondered why she didn't answer the door."

"She's never home as early as this." And, she whispered: "I'll tell you a secret. I think she drinks."

"Drinks, does she? That doesn't seem possible. How did you find it out?"

Physical Culture's \$3,000 Prize Novel

THIS stirring story by Mr. Tod Robbins, the winner of PHYSICAL CULTURE'S \$3,000 Prize Novel Contest, is the story of young Frederick Colgate, nicknamed by his college chums as "Deacon" Colgate. Orphaned in early childhood, and brought up by a friend of his mother, he finds himself a millionaire at the age of twenty-one, and learns that his wealth consists of real estate in the slums of New York City. The old family lawyer, Jenkins, reveals the poverty of the young man's tenants, among whom he meets Eleanor Watson, a beautiful girl with whom he instantly falls in love. He finds that his ambition in life is to help the poor, and now particularly Eleanor and her crippled mother. Young Colgate's college chum and best friend, Bruce Smythe, a magnetic, athletic character, teasingly brands the "Deacon" as a coward, precipitating an immediate fight in Fred's room. Colgate is knocked senseless in front of the fireplace, his arm flung into the coals, and being so burned as to leave a disfiguring and identifying scar. Meanwhile Smythe, repentant and friendly, has caught a glimpse of a wonderfully beautiful girl on a Bowery trolley car, which fact is reported for Colgate's amusement during his convalescence.

"Now you're laughing at me," she cried, "and it isn't nice of you at all! I know because once I saw her dancing in the hallway."

"Dancing in the hallway? I can't imagine it. It must have been funny."

"Not at all," she answered, opening her eyes very wide. "It was horrible! Her hair was all tangled, and flying about her shoulders; and she'd pull at it and scream: 'Take 'em off, take 'em off!' It was a terrible night!"

"How long did she do that?"

"I don't know—perhaps fifteen minutes. I locked my door; and pretty soon I heard a heavy weight falling outside, and then loud groaning. I thought she was dying, so I was afraid to go out again till morning."

"I see."

"I'm an awful coward—afraid of most everything. I was even afraid to open the door just now, because I read once of thieves getting in that way. Aren't you ever afraid of anything? Let's go upstairs to our apartment. Father always used to call these two rooms 'our apartment,' while mother says they're not good enough to be called a flat."

Eleanor ushered me into the presence of her crippled mother with all the enjoyment of a child showing a new toy. "Look!" she cried. "Here's Mr. Colgate come back to see us."

The old woman slowly turned her face towards me. "I'm glad to see you, sir," said she. "I can't get up and welcome you, but I guess you know why that is." She touched the crutch beside her chair with a wrinkled hand.

I took in the objects of the room at a glance. There was a new pane of glass in the window, looking very bright and out of place among its dirty brethren. Several attempts at sweeping had been made, for in remote corners little heaps of dust hid away in secrecy. On a chair, near the window, was a large hat-box.

Eleanor approached this hat-box, and, lifting from it the feathered creation of a morbid brain, held it towards me. "Now we have some one to judge, mother," she cried. "He can tell me how it looks. Oh, I'm so glad he came!"

She put on the hat with trembling fingers, and then turned towards me with heightened color. "Well, how does it look?" she asked breathlessly. "I thought it was beautiful when I first got it, but I don't know whether I care so much for it now."

"I think it's very pretty."

"She's fickle," the old woman cried irritably, "—as fickle like her father was before her. That hat's a beautiful hat, that's what it is—though she hadn't ought to have bought it with the money you gave us for rent and food."

"But I needed it so badly," Eleanor murmured. "And then there was the other money."

"The other money?" I asked. "What other money?"

"Why, the money you sent us the night after you were here."

"I didn't send you any more money. You must be mistaken."

"You didn't send us twenty-five dollars in five dollar bills?"

"No. Was it sent through the mail?"

"It was left under our door by somebody. When Mrs. Hogan is home the front door is always on the latch, and anyone could come right in from the street."

"Maybe it's one of those gangsters around here," I ventured. "Have you seen anyone trying to flirt with you on the street, Miss Watson?"

"Oh, it's terrible!" Eleanor cried, her cheeks flushing and her eyes sparkling. "It's terrible! I can't go anywhere that horrible men don't follow me. What is it about me? Do I look like a common girl, or what is it?"

"Hear her go on!" said the old cripple with an unpleasant laugh. "You might think she hated to have the young men smilin' at her. If you heard her boastin' and braggin' about it to me, it would surprise you. Who was that good-lookin' tall young man on the trolley-car, Eleanor?"

"I won't have you give Mr. Colgate a wrong impression of me, mother. You know I'm not proud of having young men smile at me in the street."

"Of course not," I said. "I can see that your mother's only fooling."

Again the old woman laughed—a thin quavering laugh. Her eyes avoided mine, and became fixed on the small oil stove.

"Yes, it's annoying," the girl said hurriedly. "I'm always alone when I walk, and sometimes I'm almost frightened to death the way men look at me. If I had a friend to go with me, it might be different. I wouldn't be afraid then."

"If you had a friend? Surely a friend's not very hard to find. I'd like nothing better than to take you out every day."

"That's just lovely of you! I can go, can't I, mother?"

"What's the use of askin' me?" said the cripple. "You always do just as you like, no matter what I say."

"Oh mother, how can you!" the girl cried in a pained voice.

As I looked into Eleanor's eyes, I saw the shadow of a great sorrow there. She had suddenly changed from a happy chattering child into a woman. She had a sad reproachful look. In her glance I read, or seemed to read, her history for the last few years. Evidently she had been caring for the irritable cripple day and night, waiting on her every want, stroking her pillow with a tender hand, comforting her, bending her own bright youth into a crutch for age. But what did she get in return for this constant care, this filial duty? Nothing—not even gratitude.

"I'll go willingly," Eleanor said.

"Then I'll call for you to-morrow afternoon."

"Yes, do. And come early, Mr. Colgate, for the days are getting awfully short."

As she spoke, she was a child again—a child full of anticipation for the morrow. The clouds fled away, and the sky was reflected in her eyes. It was blue—a baby blue.

"Where will we go?" she continued. "You naturally wouldn't want to walk in this part of the town. Everything is so dirty and grey—even the animals."

"Yes I would. I'd rather stay down in this part of the city and combine business and pleasure in one."

"How can you do that?"

"Well, my ambition is to help poor people."

"Give them things?" cried the girl. "Oh, I love to give people things! I was always doing it when papa had any money. I'd buy candy for cats, and bring home sarsaparilla to Mrs. Hogan. It was lots of fun."

"Then you can come with me to-morrow and be a kind of ministering angel."

"But how can I help people? I haven't got any money."

"You *can* help them—especially the women. You could get more out of them than I."

"Do you think so?" she cried enthusiastically. "That will be fine! I'll devote my life to it!"

There came a strange cackling sound from the other side of the room. Mrs. Watson was laughing, laughing heartily; and the stove, like some black monster, crouched before her, smiling with its big red mouth and joining in her merriment with a suppressed nervous titter all its own.



The weapon of her innocence had already sunk deep into my heart. I was madly in love with the girl in the garret.

What would my father and mother have thought if they had lived; what would my friends think? How Jenkins would chuckle with his bird-like head held on one side; how this toothsome morsel would tickle the palate of the mathematical boy! Smythe might call me a fool in his deep voice; Hartley might get drunk and sob on my shoulder—but in spite of all these things I had quite made up my mind to marry Miss Watson, if she would have me. Yes, my mind was quite made up.

Suddenly I felt a hand on my arm. I looked up into Bruce Smythe's face. We were on the Bowery, and already the lights glittered in the shop windows. He stood beside me—a tall, broad figure. He had a peculiar air of power about him, in his tightly compressed lips, in the firm set of his jaw, in his flashing eyes. "I thought it was you, 'Deacon,'" he said. "I was half a block behind, but I caught up."

"What are you doing down here, Bruce?"

"Looking for something I've lost."

"Something you've lost?"

"Yes," he continued, "that's what we all do. People don't look for new things. It's always the old things that they want—things that have gone from them. There's a man going into a saloon. He's looking for something that he had a long time ago—happiness, ambition, the strength to face to-morrow."

"Which doesn't tell me what you've lost," I broke in.

"A face," said he quickly.

"Have you seen it?"

"Whose face is it? Is it Hartley's?"

"No, 'Deacon.' This is a girl's face—a face with beautiful eyes."

"Not the girl that Billy was talking about the other day—the girl who wouldn't let you help her out of the car?"

You don't mean to tell me that you're still trying to find her?"

"And why not? I'm living in a dream, 'Deacon'—a beautiful dream of song, light, (Continued on page 141)

It is human nature to pursue anything that runs away. I ran after him, and could have caught him on the stairway; but I waited until he was in the darkened hallway. Then I sprang upon him.

What's the Best of All Exercises?

Is Running the Greatest of All Organ Strengthening and Conditioning Exercises?

By Joseph Thomas

THE problem of how to go through life enjoying maximum health has for years been a fascinating study to me. In spite of the arduous search for great health, however, at last I came to the conclusion that, like the quest after the Philosophers' Stone and Squaring the Circle, the problem was no nearer solution than when I first started.

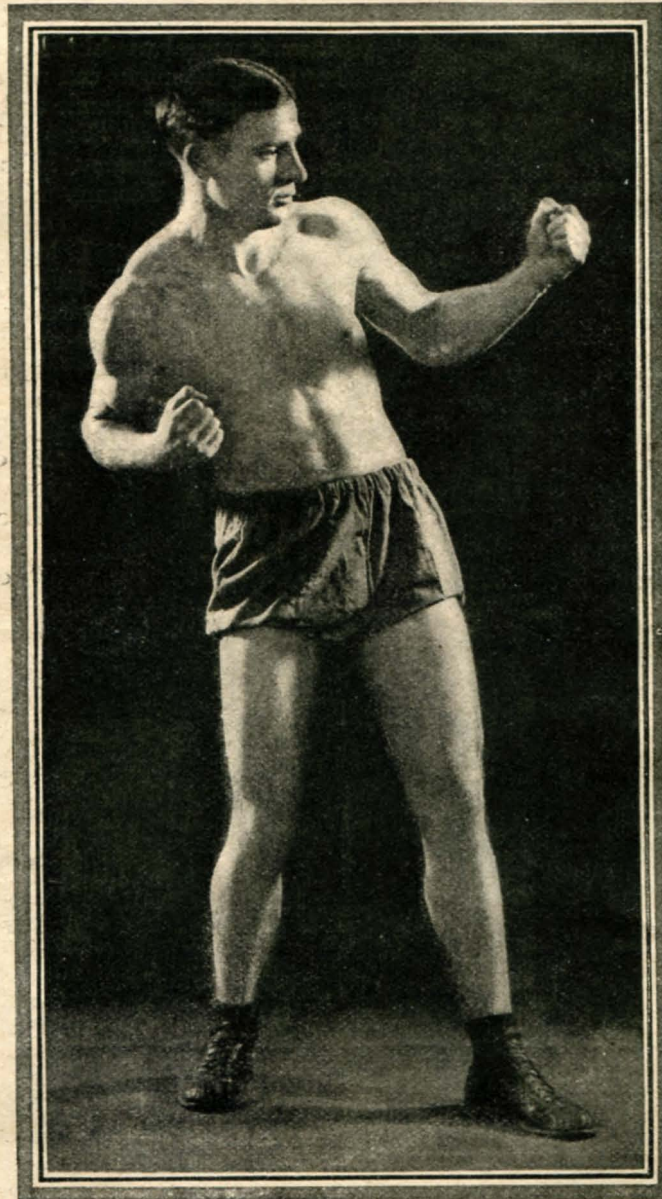
But as a last resort I tried running, which proved to be the best of all exercises. When I commenced running I worked on the Pennsylvania Railroad as a locomotive fireman. Locomotive firing is really very hard manual labor, and no occupation for one who is not strong. I might mention that when I started to fire on the railroad, I was told by nearly every engineer on the division that I would never become a good fireman. This, of course, incensed me and gave me a strong determination to make good. Before I respectfully tendered my resignation, I was known as one of the best firemen on the division, all of which I owe to careful attention to running and diet.

Those who make the excuse that they have no time or opportunity for running will suffer for this sophistry later. Although it appeared that I had no time at all, working as I did from eight to sixteen hours daily, I will tell just how I managed it, in spite of obstacles. In the first place, I undertook all the running exercises before I had to go on duty. At first the running was a terrible grind, and in addition it made my work

much harder. But in the face of discouragement, I did not lose hope. I plucked up sufficient courage and steadfastness to keep on trying it, until I succeeded in my aim—the possession of a strong pair of legs, good wind, and physical fitness for my work. In firing a locomotive, as well as in other manual occupations, a good back doesn't count if the foundation isn't there.

As an ordinary keeping-fit measure I still run and I average ten to fifteen miles a week. But when in training for a boxing contest I run from twenty to twenty-five miles weekly. Immediately after a run I undress, my body perspiring like a hound after a chase, and jump under an ice cold shower. Then I rub myself vigorously with a coarse towel and relax for about thirty minutes.

Afterwards I put on fresh clothes and have breakfast, consisting of one orange, three or four raw eggs, grape nuts mixed with one glass of cream and one glass of certified milk, prunes or some other fruit. Sometimes I have shredded wheat or krumbled bran as the cereal part of the meal. I never eat lunch. For supper I have four slices of whole wheat bread, spinach, asparagus or carrots, cauliflower, lettuce or peppers. Spinach, my favorite vegetable, I have served boiled, garnished with hard boiled eggs or the yolks of three eggs stirred in while boiling. This adds to its nutritive value as well as to its flavor. For all kinds of anemic and bloodless conditions, indigestion and inaction of the liver and



The magnificent physique of Joseph Thomas of Philadelphia, aspiring for the welterweight championship, is in itself a remarkable demonstration of the effectiveness of natural treatment in the cure of even such a disease as syphilis. Our readers will remember the personal story of the cure of Mr. Thomas published in *Physical Culture* last April, which prompted Mr. Macfadden to make the offer of free treatment through fasting, milk diet, and natural curative measures, of a number of syphilitic cases. Mr. Macfadden is about to commence this demonstration, having selected a number of cases for the purpose. The object is in part to challenge the accepted allopathic methods of treatment in conjunction with this malady.

intestines there is no green vegetable superior to spinach. In connection with this diet I eat plenty of raw fruit. When grapes are in season I eat two or three pounds a day. Armies have existed on grapes alone. In parts of Italy, the laborer lives on grapes and bread. This sort of diet suits me very well, and I cannot find words to express how energetic I feel. I'm almost a strict vegetarian, seldom eating meat except in December, January and February, and always I make sure to have plenty of variety in vegetables. Once in a while I have a craving for sweets, and immediately I go on a fruit diet for a day or two, the craving disappearing for about four months.

An old proverb says "Sickness is lord of us all." I do not believe that God sends sickness to man as a punishment for his sins, but rather because we do not respect our bodies made in his own image, and because we deliberately refuse to have anything to do with sunshine, fresh air, and physical exercise. They who declare that they have no time for exercise will pay the heavy penalty sooner or later. As iron rusts when it is not used, so the body pines away if it be deprived of energetic exercise. Personally all my life I was a victim to colds until I started running and dieting. Now I never have a cold.

I know of no better means of fortifying and preserving the health than running exercises. There are, of course, other exercises which are very good, but the chief requisite for health is proper exercise for the heart and lungs. If people only knew how much fresh air purifies the blood they would take long, deep breaths at every opportunity.

There is a general belief that when a person gasps loudly and deeply for breath after a long run, that it is a sign of "weakness and shortness of breath." But it is exactly the opposite. The more one puffs like a steam engine, the better the power of his lungs. Running is better for the heart and lungs than any other exercise, bar none. There is no need for anxiety if the heart beats loudly after running as long as the heart-beat is regular.

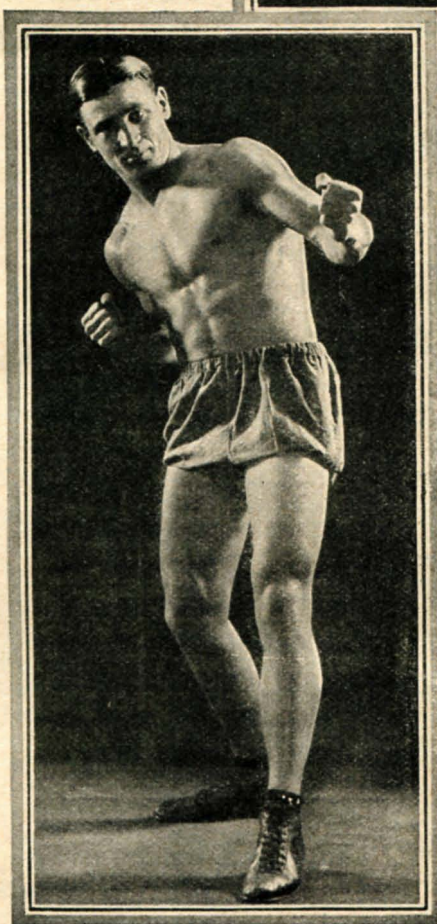
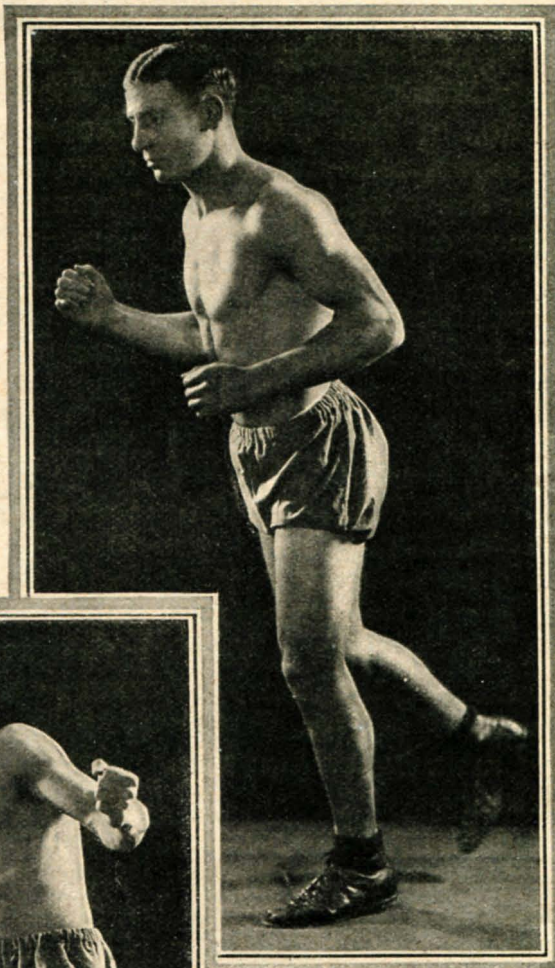
The best way to start the practice of running is to take it exceedingly easy for the first week or two in order to develop

your wind and put you in fair condition. Taking it easy will also prevent the soreness of muscles usually accompanying a new exercise. But after two weeks of practice every morning one should grit his teeth, and pitch into the game with all the determination he possesses. Develop the idea that you are going to make the most of yourself in the shortest possible time. If the muscles become sore, do not worry about it, for you are bound to benefit from the soreness. Rubbing the sore spots gently, however, will relieve the pain somewhat. However, you can rely upon it that the pain will disappear in a day or two. The beginner will perhaps find running quite hard, but he should just fight it, and I can assure him it won't be long before he will find it much easier

and more pleasant. Also he will see results. Do not neglect to take a cold shower (if you can stand it) immediately after a run, and follow it with a rub-down of witch-hazel mixed with wintergreen, or a massage of some other variety. This will harden the skin and render the body immune from catching cold. Profuse perspiration is regarded by many as a sign of physical weakness. Exactly the opposite. It is a sure sign of a healthy, well-kept skin.

While running, the position of the body should be as follows:—The head must be bent a trifle backwards, the mouth firmly closed. Breathing should be performed only through the nostrils, a matter somewhat difficult to the beginner. It is better to halt and recover breath, however, than to continue to run with the mouth open. Breathing through the mouth allows dust and germs to go directly to the lungs.

The hands should be clenched, arms slightly bent, swinging in response to the action of the legs; the shoulders should be thrust conveniently back, and the chest a trifle expanded, so the respiratory muscles can act
(Continued on page 137)



Though everyone knows that running is the conditioning exercise upon which all boxers absolutely depend for preparing them for a contest, most people do not realize that running is an equally good conditioning exercise for the average man. The amount of running will depend upon the limitations of one's strength and endurance, naturally. The above photo shows the position of the body as described in the text of this article. The photo at the left is another boxing position illustrating again the sturdy and beautiful physique of the author of this article.

Eating for Death

By Bernarr Macfadden

THE crime of the age is meal time eating—without appetite.

It is the direct cause of more suffering, weakness and disease than any other evil.

It poisons the life stream at its very source.

“The blood is the life.” The quality of this liquid determines vital activity throughout every part of the body.

You can be a palpitating force, a veritable human dynamo, or you can be a half-alive mass of human flesh—not unlike the jelly-fish. It is the quality of your blood that determines entirely to which class you belong.

Eating without appetite means devitalized blood. The stomach is not ready to digest food at such times.

It is appetite—a strong craving for food—which definitely indicates that the stomach is ready for digestion. The food eaten is then keenly enjoyed.

The pleasure in eating serves a very valuable purpose. It not only causes an unusual activity of the salivary glands, but also of the glands of the stomach. So that when the food arrives in this organ, digestion and assimilation progress rapidly and satisfactorily.

Now when you eat without appetite, these invaluable functional processes are inactive or entirely absent and the food can do nothing but lie like lead in the stomach.

You say it won't digest. Why should it? No self-respecting stomach will allow itself to be outraged in this manner, without protest.

Eat at meal time if you are hungry, but if the food has no taste respect the mandates of your stomach and wait until the next meal or until your appetite appears, even if it takes several meals or several days.

The “eat-to-keep-up-your-strength” idea that has been advocated for generations by allopathic physicians, has sent, literally, millions of people to premature graves.

Even a person in good health can miss one meal or fifty meals, for that matter, without serious results. But abstinence of some sort is absolutely essential if appetite is missing; and is especially necessary in many illnesses.

There is no sauce better than hunger; and there can be no health of a superior sort, unless food is eaten with enjoyment.

When you eat a meal with what is known as a “coming appetite” you are often treading on dangerous ground. This “coming appetite” is often due to overstimulation of nerves rather than to natural bodily demand, and is, therefore, frequently of the voracious character. It compels you to overeat. You are not satisfied until you eat so much you cannot hold any more.

At such times a fast is often necessary. But if you cannot do that it is absolutely essential that the meals should be very light, if you desire to avoid illness that might be serious in character.

Three square meals a day will send any one to an early grave. You may be able to follow a regime of this sort in growing years, but when full maturity arrives look out for trouble if you persist in this habit.

Three light meals or two medium heavy meals daily will prolong your life and increase your efficiency mentally and physically.

I eat but one hearty meal a day, and that is preferably taken at noon, though sometimes it is eaten in the evening. Occasionally I eat a light meal in the morning or evening, if I have a craving for food, though these light meals frequently consist of fruit alone or nuts and fruit with a warm or hot drink.

But the main point that I want to emphasize is the necessity of avoiding the habit of eating by the clock—without appetite.

Wait for a definite feeling of hunger. Let your stomach dictate your eating habits.

Milk Cured My Nerve Shock

*The Story of the Physical Regeneration
of W. J. McLemore*

An Interview and Introduction by Edwin F. Bowers, M. D.

ILLUSTRATION BY LEONARD WHITNEY

ONE of the most deplorable, disheartening and distressing results of the War is our crop of cripples. The cruelly maimed, the pathetic blind, the derelicts who have lost legs or arms in the bestial, bitter game, are figures of sorrow. They affect every decent-minded man or woman with an overshadowing sense of resentment and protest at the futility of it all.

But even more sorrowful and disconsolate are the cripple-minded—those battered wrecks of the carrion-crowded field and the noisesome ditch.

Scenes of terror, and of horror piled on horror, have sapped the foundations of their reason, and tumbled the normal functioning power of their brain and soul into a pit dugged by madness.

The asylums for the insane all over the land thrill uncannily to the shriek and the eerie moan of these soul-wounded, these valorous soldiers—whose nerve and brain control was just a little too unstable to stand the strain of going down to hell—and coming out again untouched by its red terror.

And then there is the other great army, built of somewhat sterner soul-stuff, and yet not so staunch as to leave them altogether untouched by the brain-battering.

"Shell shock," medical men call it, and very curious and interesting—to the pathologist—are the symptoms it exhibits.

There may be only a lapse of memory, an inability to correlate faces, places and incidents, as was apparent in the case of one fine-looking young chap who stopped me on the street the other night, and courteously requested to be directed to Sixty-fifth Street and Central Park West.

He was on Sixty-fifth Street. Yet he had absolutely no sense of direction—notwithstanding the fact that he had visited this particular apartment house hundreds of times both before and since he came from France.

In every other respect, save the amnesia concerning location, he seemed absolutely normal. During the brief interval that elapsed while I escorted him to the apartment house he sought, I got his history.

He appeared normal in every respect save that of inability to focus in the mind the fact of the location of even the most familiar place. Consequently he had to

solicit the aid of policeman or passer-by in order to find his way back to his own domicile.

He said he knew of scores of chaps who were in identically the same condition as that in which he found himself—except that in some of them the amnesia took the form of being unable to remember one's own name, or the name of any one—no matter how well-known—whom the shell-shocked victim might meet.

Then there is the insomnia victim, for whom sleep has been murdered, by a thousand Macbeths.

There's the blood-stained hand that refuses ever again to be washed clean;

(Continued on
page 117)



These
soul-
wounded
soldiers, whose
nerve and brain
control was just a little
too unstable to stand the strain
of going down to hell—and coming
out again untouched by its red terror.

What I've Learned *About* Winter Camping

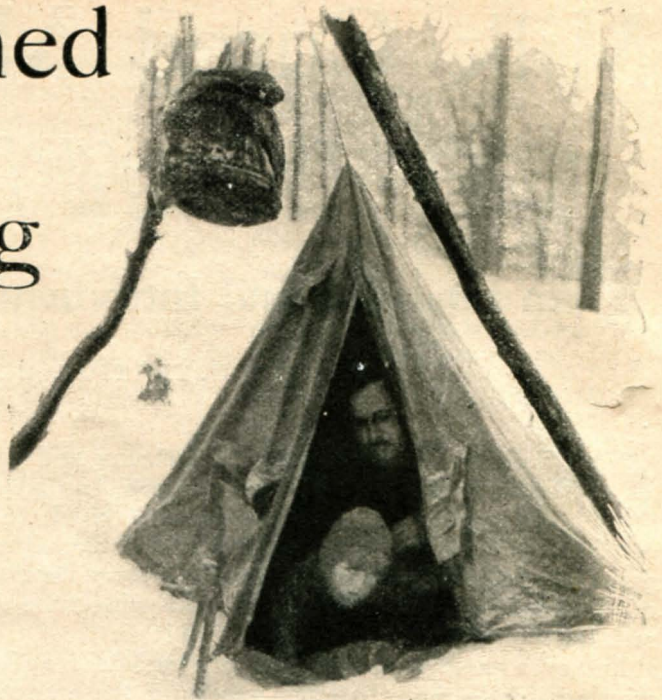
By Elon Jessup

I'LL try most anything once. As to whether or not I do it twice, all depends. When a camping partner of balmy summer months suggested to me on a blustering January day the novel experiment of going camping in the snow, I shuddered, swallowed hard, but eventually agreed to go. We went, we saw, and we learned. And that which we learned was mainly how *not* to do it.

That was several years ago. The experience was in some respects a shuddering nightmare. But this was not the fault of the camping. It was our own fault in not being properly prepared. For three long nights we tossed and shivered under blankets which we thought were going to keep us warm but which most distinctly did not do so. The early morning hours were the worst. Whew, but it was cold.

I returned to the city fully resolved never to repeat the experience. That winter, I didn't. But along toward the end of the following January I became conscious of the fact that the sensation of living around the clock in the winter woods with no roof over my head other than one of canvas had really made a memorable and indelible impression. I realized that I had been penned up all winter within smothering walls of wood and plaster. Even the wide open window of my bedroom could not

Dinnertime. Nothing very fancy about it, but no dinner at the Waldorf ever tasted as well.



Living in a small hiking tent, one that can be rolled up and carried on one's back and yet provides shelter and comfort in the wildest of woods.



wholly eradicate lingering traces of steam heat. There came an irresistible call to break loose, to allow a shackled imagination to run riot, my body to become thoroughly permeated with fresh air.

So it was that again I went winter camping. Since then the custom has become an annual winter habit. Sometimes I sleep out in the snow for only a single night, but even so the experience gives me an indefinite something which I can get in no other way. Only by making the outdoors my bedroom can I get a thoroughly satisfying taste of the invigorating magic of winter. Slumbering muscles, lungs, and imagination become fully awake.

One must live to learn, and since my first somewhat distressing experience I have learned how to substitute comfort for hardship. The pleasure of this winter camping, I have found, is entirely dependent upon how you go about it, and this means mainly wise preliminary preparation. When properly equipped, you can sleep as comfortably in outdoors

zero weather as you can in your snug little bed at home.

I do not wish to be responsible for starting any one off upon the wrong track. Zero weather camping is a much more strenuous undertaking than that of summer days. Winter is no time to learn how to go camping for the first time. Had I never camped in summer, I am quite sure that the discomforts of my initial winter ex-

Off to the winter woods with full camping equipment. The toboggan serves as a simple but convenient means of transportation.

perience would have completely cured me of any further attempts. Unless one is in normal physical condition, has caught the spirit of the game in summer and likes it, he had best leave zero camping alone.

Provided one is suitably equipped and capable of taking care of himself in the out of doors, then winter camping automatically becomes a thoroughly feasible proposition irrespective of what the weather conditions may be. You can laugh to scorn the threatening downward course of the mercury in the thermometer. Yet, undeniably, there are certain times during the course of the winter when camping can be more comfortable and enjoyable than at other times. I have camped in blizzards, but am free to admit that I prefer a bright, sunny day. And while I have slept with perfect comfort in twenty below zero, I have at the same time rather hoped that in due time the mercury would shoot up, we will say, to zero.

The early part of winter is never so satisfying to me for camping as late winter. In December and January, the hours of daylight are all too short, there are great extremes in temperature, blizzards are not infrequent, and the snow is not at its best for snowshoeing and skiing. February and March are the months when winter is really at its best. The days are longer, more inclined to smile with sunshine, many of the nights are likely to be milder. To some extent, the sting of winter is gone. Yet at the same time its beauty is enhanced. For the accumulation of many snowstorms forms a great white blanket which is pleasing both to the imagination and one's snowshoes and skis.

I have said that winter camping is decidedly more

clothing, provided this is of the right material. But there should also be additional layers of clothing for rest periods and extreme changes of temperature. There is a notable difference between the comparative warmth of a friendly snow laden forest and the chill, penetrating north wind which blows across the bleak open stretch of a frozen lake. The ideal condition is to keep the body at its normal temperature. Take plenty of clothes, but wear only as many of these as conditions warrant.

In my first winter camping trip, my partner and I were very comfortably fixed so far as clothing was con-



Long ski runs through the sunny woods make life worth something. Great suggestion for would-be suicides.



Digging a hole for ice-fishing. It usually means good fishing and good eating.



Enjoying the winter camp fire. The pipe is not a necessary part of the picture, but it just happens to be there and is supposed to suggest complete relaxation and mental tranquility.

strenuous than that of summer. You don't lie around in a hammock reading a novel. You keep steadily busy exercising—chopping wood, skiing, snowshoeing, following fox and rabbit tracks. The invigorating air puts zest into you and you don't stand still very long. For this reason, there is a considerable part of time when one can get along with a comparatively small amount of

cerned. The point upon which we slipped up was blankets. Even so, had there been plenty of wood about to keep a blazing fire going all night, we would probably have slept with perfect comfort. But one cannot always count upon wood. And in such cases, the only fire which can keep you warm is the natural heat of your own body.

The scientific reasons why a loosely woven or fluffy article of wool clothing is warmer than a tightly woven piece of wool are equally applicable to night covering. The unobstructed air spaces in the material serve two valuable purposes. One of these is that they retain the bodily heat and the other is that they act as channels through which the bodily moisture escapes. In tightly woven material, on the other hand, all avenue of escape is closed to the bodily moisture. So it soaks the blanket and when this happens, the heat holding qualities of the blanket noticeably diminish.

In the daytime, of course, when one is moving and exercising, the actual working out of this principle as regards clothing, is not so noticeable. But at night time, when one is lying still for long hours on the cold ground, its workings may become distressingly evident. You may now be able to guess why it was that I slept so uncomfortably during my first winter camping experience. I had plenty of good wool blankets but they weren't the right kind. They were made of tightly woven material when they really should have (Continued on page 121)

What Would You Do in This Case?

A Personal Problem Department Conducted by Carl Easton Williams

DID you read that letter in this department last month about the stingy husband? Well, here's a case of a somewhat opposite nature. Here's the story of a woman who has an extravagant husband.

As between the stingy husband and the extravagant husband, which would you choose? Perhaps you think it would be hard to choose, if only for the reason that in the long run it may work out in very much the same way so far as the wife is concerned. That is to say, in either case the wife is skimped. In the one case she gets no money because her lord and master is small and mean and stingy, and in the other case she gets no money because there is none left for her after he gets through with his lavish expenditures. On the whole, extravagance would seem to be the expression of a generous and expansive nature, not to say an expensive one. And yet, there are exceptions, as in the case of the man who is so generous to himself and his own personal indulgences, that the welfare of wife and family suffer accordingly.

It is true that in these progressive days of equal rights and feminist theories, a great many married women choose to work for a living, merely as a matter of self-expression and personal satisfaction. But what would you think of a husband who *asks* his wife to work in order to contribute to the family income, and to keep on doing so? That's an entirely different matter. Particularly when his own petty expenditures and his unwillingness to economize create in large measure the situation which makes it necessary for the wife to work and contribute.

There is nothing new in the situation in which a man loves his pipe better than his wife, but is that the situation in this case? Our friend laments the former unwillingness of her husband to cut down on his smoking and other petty expenditures sufficiently to be able to buy her an engagement ring. In this very point she has more or less crystallized or epitomized the whole situation. Does he love his wife, or is he just another member of that gigantic tribe of the *genus homo* who love only themselves?

Here is the letter:

"I am thirty years old and have earned my living by office work for almost fifteen years. I used to be very ambitious in that way, but for two or three years now I have grown to do my work only because I had to, to support myself, wishing and praying that I might take a turn as a housekeeper and mother. During the time I have been working I have saved about \$2500.00 and would have saved more if my father's work had not made it necessary for us to move several times.

"My husband is almost forty, although very young in his tastes and habits. He has better health than I have, I should say, as he can out-do me at almost anything in the line of out-of-door sports and exercises, although he is a cigarette smoker and has lived a rather gay life evenings, dancing and staying out late at night.

"We were married one year ago and since that time I have been working steadily and also doing light house-

keeping, including our washing and ironing. He generally helps with the washing, though.

"I omitted to state before that he had nothing saved when we were married—in fact, he was several hundred dollars in debt. Now he wants us both to work for four or five years more — me to give him my salary and he to pay the bills and ask him for what I need. He doesn't keep any account of the money and we never

keep our expenses anywhere near his salary. He calls me a miser when I call his attention to little amounts we could just as well save as spend.

"I try to look ahead and to think that sometime he will be earning all the family money and that my only responsibility will be the work at home, but even in that hope I am made a little unhappy because he says a woman at home is not really earning her living—not even if she does all her own scrubbing, window washing, washing and ironing, cooking, and sewing for herself and children, also keeps everything mended and in nice shape, as for instance, the clothing brushed and aired, the mattresses and bed-clothing clean and sweet. Even though our light housekeeping rooms are in a steam-heated apartment there are so many things to do beside just get the meals and do the dishes. There are chandeliers to wipe off, radiators to clean, curtains and drapes to wash and iron. When he goes into a house where maids are kept, he always admires the results and wishes we could live like that, but he won't admit that it isn't possible for me to do it all by myself in an hour or two a week. It takes almost that long to scald the bread and cake tins, scour the stove, kitchen cabinet and refrigerator.

"Now all this is a little wide of the mark—what I really am most interested in is *how long can I keep on working and put off having our first baby come, without injury to us both—the baby and me?*

"I am willing any time to economize in every way and live on his salary, but he is not.

"Some of my friends pity me because I have no engagement ring. When I agreed to go without that, I did think he would cut down on his smoking and small, useless expenditures, which would far more than buy a nice ring every six months.

"Now although this sounds very complaining, I don't mean it so, I love my husband very much, but just wish so much that we could agree better."

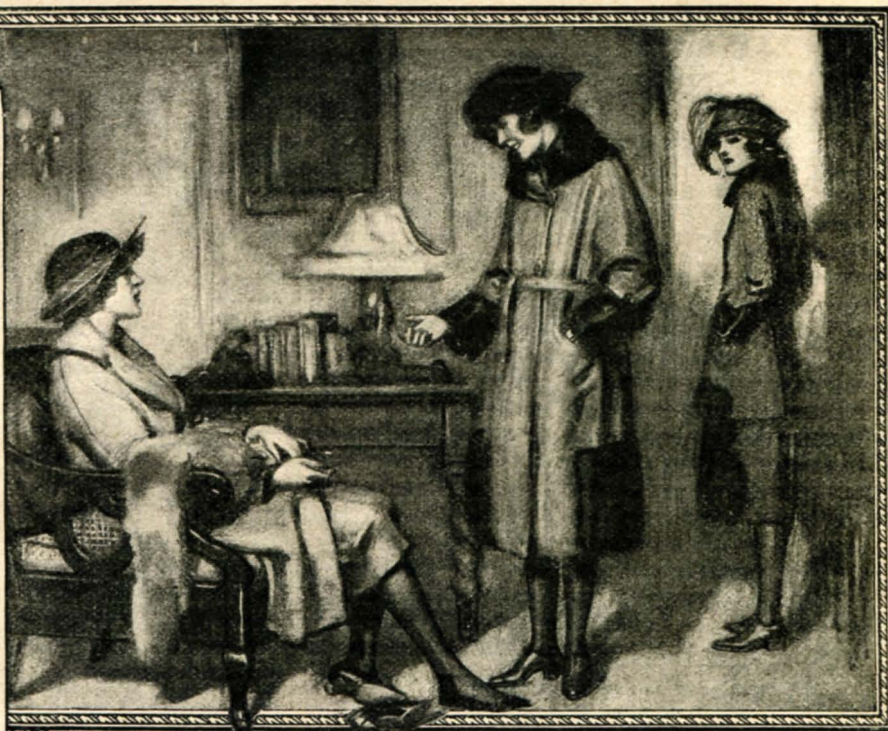
The problem of the adjustment of the family finances is one of the most frequent sources of trouble in married life. Unless there is a generous spirit on both sides, and an attitude of complete fairness in agreeing upon the management of the family funds, there is bound to be more or less friction. Or course the only plan that ever can work out satisfactorily is the practical business plan of a budget system, carefully worked out upon the basis of the family needs. This requires a rigid system of accounts, involving every type of expenditure. If either the man of the house or his wife refuses to enter into such a system of accounts so that a satisfactory basis can be arrived at, then the situation is hopeless.

In short, it is absolutely essential that the affairs of the household should be conducted on a business basis, expenditures apportioned in relation to income. In the case of our correspondent, it appears that her husband refuses to keep any account of his money, and this is probably due in part to the fact that he is not compelled to live within his own income, since between them they depend very largely upon the (Continued on page 92)

Cantilever Stores

Cut this out for reference

Akron—H. Orpheum Arcade
 Albany—Hewett's Silk Shop, 15 N. Pearl
 Altoona—Bendheim's, 1302—11th Ave.
 Asbury Park—Best Shoe Co.
 Asheville—Anthony Bros.
 Atlanta—Carlton Shoe & Clo. Co.
 Austin—Carl H. Mueller
 Baltimore—325 No. Charles St.
 Battle Creek—Bahlman's Bootery
 Bay City—D. Bendall Co.
 Birmingham—219 North 19th St.
 Boston—Jordan Marsh Co.
 Bridgeport—W. K. Mollan
 Brooklyn—414 Fulton St.
 Buffalo—630 Main St.
 Butte—Hubert Shoe Co.
 Charleston—J. F. Condon & Sons
 Charlotte—221 Piedmont Bldg.
 Chicago—14750 Sheridan Rd. (Room 214)
 Cincinnati—The McAlpin Co.
 Cleveland—Granger-Powers, 1274 Euclid
 Col. Springs—McEntires, 10 N. Tejon St.
 Columbia, S.C.—Watson Shoe Co.
 Columbus, O.—The Union
 Dallas—Leon Kahn Shoe Co.
 Davenport—R. M. Neustadt & Sons
 Dayton—The Rike-Kumler Co.
 Denver—224 Foster Bldg.
 Des Moines—W. L. White Shoe Co.
 Detroit—T. J. Jackson, 41 E. Adams Av.
 Easton—H. Mayer, 427 Northampton St.
 Elizabeth—C. G. L., 1053 Elizabeth Ave.
 Elmira—C. W. O'Shea
 El Paso—Popular Dry Goods Co.
 Erie—Weschler Co., 910 State St.
 Evanston—North Shore Bootery
 Fall River—D. F. Sullivan
 Fitchburg—W. C. Goodwin, 342 Main St.
 Fort Dodge—Schill & Habenicht
 Galveston—Fellman's
 Grand Rapids—Herpolsheimer Co.
 Harrisburg—Orner's, 24 No. 3rd St.
 Hartford—86 Pratt St.
 Hingham—Clayton's, 803 Main St.
 Huntington, W. Va.—McMahon-Diehl
 Indianapolis—L. S. Ayres & Co.
 Jackson, Mich.—Palmer Co.
 Jacksonville—Golden's Bootery
 Jersey City—Bennett's, 411 Central Ave.
 Johnstown, Pa.—Zanussi
 Kansas City, Kan.—Nelson Shoe Co.
 Kansas City, Mo.—300 Altman Bldg.
 Knoxville—Spence Shoe Co.
 Lancaster, Pa.—Frev's, 3 E. King St.
 Lansing—F. N. Arbaugh Co.
 Lawrence, Mass.—G. H. Woodman
 Lincoln—Mayer Bros.
 Little Rock—Poe Shoe Co., 302 Main
 Los Angeles—505 New Pantages Bldg.
 Louisville—Boston Shoe Co.
 Lowell—The Bon Marche
 Macon—The Dannenberg Co.
 McKeesport—Wm. F. Sullivan
 Meridian—Winner, Klein & Co.
 Milwaukee—Brouwer Shoe Co.
 Minneapolis—21 Eighth St., South
 Mobile—Level Best Shoe Store
 Montgomery—Campbell Shoe Co.
 Morristown—G. W. Melick
 Muncie—Miller's, 311 So. Walnut St.
 Nashville—J. A. Meadors & Sons
 Newark—897 Broad St. (opp. City Hall)
 New Britain—Sloan Bros.
 New Haven—153 Court St. (2nd floor)
 New Rochelle—Ware's
 New York—22 West 39th St.
 Norfolk—Ames & Brownley
 Oakland—205 Henshaw Bldg.
 Oklahoma City—The Boot Shop
 Omaha—1708 Howard St.
 Passaic—Kroll's, 37 Lexington Ave.
 Pawtucket—Evans & Young
 Philadelphia—1300 Walnut St.
 Pittsburgh—The Rosenbaum Co.
 Pittsfield—Fahey's, 234 North St.
 Plainfield—M. C. Van Arsdale
 Portland, Me.—Palmer Shoe Co.
 Portland, Ore.—353 Alder St.
 Poughkeepsie—Louis Schonberger
 Providence—The Boston Store
 Richmond, Va.—Seymour Sytle
 Rochester—148 East Ave.
 Rock Island—Boston Shoe Co.
 Saginaw—Goeschel-Brater Co.
 St. Louis—516 Arcade Bldg.
 Salt Lake City—Walker Bros. Co.
 San Antonio—Guarantee Shoe Co.
 San Diego—The Marston Co.
 San Francisco—Phelan Bldg. (Ar-
 San Jose—Hoff & Kayser
 Santa Barbara—Smith's Bootery
 Savannah—Globe Shoe Co.
 Schenectady—Patton & Hall
 Seattle—Baxter & Baxter
 Shreveport—Phelps Shoe Co.
 Sioux City—The Pelletier Co.
 Sioux Falls—The Bee Hive
 South Bend—Elsworth Store
 Spokane—The Crescent
 Springfield, Ill.—A. W. Klaholt
 Springfield, Mass.—Forbes & Wallace
 Stamford—L. Spelke & Sons
 Syracuse—136 S. Salina St.
 Tacoma—Fidelity Bldg. (8th floor)
 Terre Haute—Otto C. Hornung
 Toledo—LaSalle & Koch Co.
 Trenton—H. M. Voorhees & Bro.
 Tulsa—Lyons' Shoe Store
 Waco—Davis-Smith Bootery
 Walla Walla—Gardner & Co.
 Waltham—Rufus Warren & Sons
 Washington—1319 F St.
 Waterbury—Reid & Hughes Co.
 Wheeling—Geo. R. Taylor Co.
 Wilkesbarre—M. F. Murray
 Winston-Salem—Clark-Westbrook Co.
 Worcester—J. C. MacInnes Co.
 Yakima—Kolls Shoe Co.
 Yonkers—Louis Klein, 22 Main St.
 York—The Bon Ton
 Youngstown—B. McManis Co.
 Agencies in 245 other cities



What a difference Cantilever Shoes make

"Oh, come along."

But Dorothy dropped back limply in her chair. "My feet hurt, Peggy. Honestly, I feel just all in."

Peggy kept Bess from leaving, then went at Dorothy again. "You've been shopping with us not two hours and here you are, letting your feet spoil your fun."

"I guess if your feet hurt the way mine do, you—"

"They used to, Dorothy," Peggy interrupted, "only I did something about it. My feet used to throb like a toothache. They spoiled ever so many good times. I was getting to be a real grouch, when Bess got me into Cantilevers."

"And look at Bess! She took a long tramp this morning, she's been shopping with us, but—can you see her missing this tea and the dancing to-night? Indeed she won't! She's been wearing Cantilever Shoes most all the time and never has a bit of foot trouble. She took the physical director's advice at college, like most of the other girls."

"You'll just love Cantilevers, Dorothy, they're such good form and so good-looking. See how neat and trim ours are. And while you're feeling wretched, tired, just

all in, we're up and ready for anything. Dorothy, I can't begin to tell you what comfort Cantilevers are—they make you feel full of pep."

Dorothy squirmed, but she could think of nothing to say.

The following morning three girls entered the nearest Cantilever Store. From that time on, Dorothy was to realize what a difference Cantilever Shoes make in one's enjoyment of everything.

And why shouldn't every girl, every woman of any age, enjoy the supreme foot comfort that Cantilevers give? They fit like a soft glove. The ordinary shoe seldom fits the arch of the foot. A stiff shank will not conform to the curve of your foot arch, nor will it flex with your arch in walking. Cantilevers do both.

When you lace Cantilevers, the flexible shanks fit right snugly under both arches and support them, not like a crutch, but gently and completely, without any restraint, giving perfect circulation and freedom. Your feet feel light and springy.

Stop wearing tight shoes that weaken the muscles and ligaments of your feet. Wear Cantilevers and bring your feet back to life. Go to the nearest dealer now for a fitting.

If no dealer listed at the left is near you, write to the manufacturers, Morse & Burt Co., 7 Carlton Avenue, Brooklyn, N. Y., for the address of a nearby dealer and a copy of the Cantilever Shoe Booklet which everyone ought to read.



Cantilever Shoe

Endorsed by Women's Colleges, Women's Clubs, Public Health Authorities, Physicians, Osteopaths, Directors of Physical Education, Editors, Stage Celebrities and prominent women everywhere.

Birth Control—A Two-Edged Sword?

(Continued from page 31)

to produce several of their own provided they can get enough for them to eat, the number of people increases at a geometrical ratio, that is, on the two-four-eight-sixteen-thirty-two plan, while the food supply increases at an arithmetical ratio, that is on the two-four-six-eight plan. Plainly then, in a little while somebody is going to starve. Either the mothers will be so undernourished they cannot suckle their babes, or the old folks will die from starvation, or pestilence due to undernourishment will set in, or else the whole population will go to war and capture the food of some other country and kill off the people of the conquered region. But even when pestilence and war kill off thousands and millions, the birthrate rushes up behind these destroyers and fills in the ranks with more babies to feed until everybody is starving again.

relations and suggestions, this theory that the fight for the full dinner pail has been the essential element in the changes of the forms and structures of plants and animals, is accepted by practically every educated person in the world. It is known as the "Theory of Organic Evolution," or better still, as the "Theory of Development." Permit me to add that this theory has nothing to do with the so-called evolution of the earth or stars, or the religious views of the evolution of the human spirit to "higher planes," and the like. The majority of competent students, however, believe it does account for the development of the mental faculties in animals and human beings.

Now, the reader who expected from the title of this article to find a simple program for bringing in the millennium by urging all women to produce about

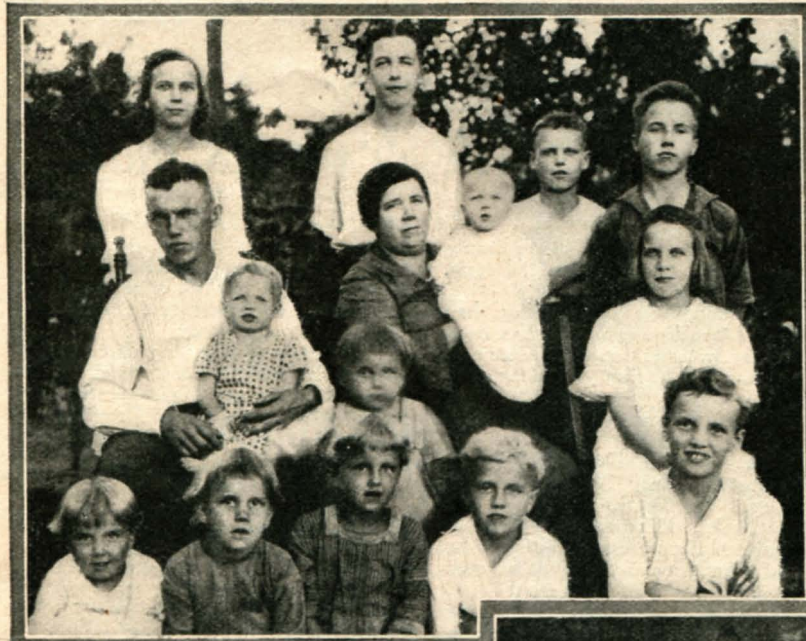
one or two children apiece, may exclaim in disappointment, "What has all this to do with birth control? What I want is fewer children and better ones." Well, the biologist is not so sure that fewer children in all cases does mean better ones, and he is perfectly sure that some classes of the population already have too few children. Thousands of women are shirking their tremendous responsibilities, not because they do not want babies, but because they have allowed themselves to want phonographs, and upholstered furniture, and installment pianos, and "freedom," and travel, more than they want to carry their fair share of the world-old burden of woman. Thousands and millions of women are shouting "birth control" to-day simply because they don't want to tote fair and play the big game of carrying on this vast scheme of organic evolution towards a happier and better race.

I have outlined the basic facts of population, the food supply and organic evolution, that I might impress upon the

(Continued on page 58)

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Illustrating the point of our author that birth control, while representing the only road to race improvement, may also act as a two-edged sword, it would appear that while birth control is a virtue in some cases, it is nothing short of a national calamity in the case of other worthy human stocks. The family at the left may or may not be a contribution to our national assets, depending upon whether they are above or below the average. The family below, that of Dr. Julio Bianchi, Minister from Guatemala to Washington under the Herrera government, appears to be of superior stock, probably representing the best traditions of the old Spanish blood. Large families among such people are to be encouraged, and birth control that means too much family limitation is to be discouraged.



Why so obvious and simple a proposition has failed to impress our modern statesmen with its essential soundness, even though some of its features are mollified by special circumstances, is beyond the wit of the finite mind to discover. It is said that when Charles Darwin read the book, he leaped to his feet and exclaimed, "At last, I have a theory to work by!" For Darwin saw that if Malthus knew what he was talking about, why when the fight for food was on, the strongest would win and get the dinner as a general thing. Some superiority of strength, speed, color or other factor, would enable one individual or even species to win while the opponent went down to defeat. As Herbert Spencer put it, there would be a "survival of the fittest."

Now, with many modifications, inter-



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Secrets of Great Strength

The Secrets of Health and Strength are yours for the asking

THERE are certain fundamental secrets that make for success in any game. Did you ever try to figure out why some men are rich and others are poor? Or why some are strong and others are weaklings?

If you have, you must have noticed the vast difference between the successes and the failures in life. While all want to succeed, and all may try; the failures, somehow or other, seem to lack the essential secrets of success—the knowing how. They work just as hard as the others, and even harder; but their efforts are wasted through ignorance of the great fundamental principles of success.

You no doubt know some men who get ahead in the world with little effort on their part, while others will toil and drudge for years and years with little or no reward. The successes have what the failures lack—the secret of success.

And so it is with the development of physical power. You can toil for years with exercises that accomplish nothing and merely squander your energy; you can diet until your meals are but things of vain regrets, and still accomplish nothing. Or, by applying the secrets of health and strength, you can have superb health, a beautifully symmetrical physique, and great strength. But without the "knowing how"—the secrets of health and strength—your efforts are all in vain.

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THERE is a royal road to health and strength. It is the sure route from worry and weakness to the manly strength and vigor that all normal men desire—to the supreme strength, superb health, physical energy and mental vigor that all come with a perfectly developed body.

It makes little difference how weak or undeveloped you may be right now. If you are normal in other respects, you can be the possessor of a strong, healthy body that will endow you with the health, strength and energy that are so essential to success in any walk of life.

And the royal road to health is an amazingly easy road to travel. It does not demand useless sacrifices or self-denials, nor does it call for rising an hour or two earlier in the morning to go through contortions that rob you of the energy and vitality needed for the rest of the day. You simply apply the secrets of health and strength which we originated twenty years ago.

These fundamental principles of body building are adapted to meet the requirements of your physical condition. They impose no strain or hardship on you. And they grip your interest and hold it because they *do* produce results. The benefits are noticeable immediately, and in a few short months you have abounding health and vitality, and strength that surpasses that of two or three ordinary men combined.

Robert B. Snyder, Jr., whose picture is shown on this page, is a Milo pupil and one of the strongest men of his size in America. He says:

"I would advise any one who aspires to become physically perfect to enroll with the pupils of the Milo Bar Bell Co., for they are some of the best athletes in America and, like them, you will learn the secrets of strength and development."

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WITH absolutely no obligation on your part, we will send you a copy of our booklet—**Health, Strength and Development—How to Obtain Them.** It will show you the secrets of success in body building; how thousands of men and boys like yourself have become splendid specimens of muscular manhood through the Milo Body Building Method, and how you can do the same.

This booklet is by far the most complete and interesting that has ever been published on this subject. It will explain the secrets of body building to you, and will open your eyes to the possibilities of physical betterment. It will show you how you can be the man you have always wanted to be, with the supreme health, superb strength, physical energy and mental vigor that are the first essentials for a happy and successful life.

And the booklet doesn't stop there. It isn't just a thing of empty words and high sounding phrases. It speaks your own language, and gives you an unconditional guarantee of results that will be entirely satisfactory to you, or your money will be refunded without question. Send for your copy of **Health, Strength and Development—How to Obtain Them** to-day.

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Robert B. Snyder, Jr., 43 E. Washington St., Hagerstown, Md., who says:

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Basket Ball Today and Tomorrow. By Mary Morgan.

Let's Get Out Doors. By T. Von Ziekursch.

How To Use the Gymnasium. By Rev. B. H. B.

Lange, C. S. C., Physical Director, University of Notre Dame.

The Self-Stoked Human Engine. By Dr. J. Madison Taylor.

How To Develop the Muscles of the Abdomen. By O. R. Coulter.

Wrestling—Head Locks and Chancery Holds. By William J. Herrmann.

If you have red blood in your veins—or if you want to have it—you will enjoy every page of every issue of STRENGTH. The March issue is now on sale. You can obtain a copy from your news dealer. Or better still, send us your subscription direct. Mail the coupon to-day.

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Gentlemen: I am enclosing \$1.50 in payment for one year's subscription to STRENGTH. (\$1.75 Canada, \$2.00 foreign countries.)

(Continued from page 56)

young men and women of the nation that they cannot lightly throw off these sacred obligations. I want them to see the vastness of the problem. I want them to see that they are meddling with the biggest instrument for racial salvation or racial decay that nature knows about.

Birth control, the power to produce or withhold the lives of children at will, is the biggest two-edged sword ever placed in the hands of human beings. If it cuts with one edge, it will be an instrument for racial salvation. If it cuts with the other edge it will bring every civilization which tries it to its day of doom. Not only can it be made, if wisely guided, to bring in a better and healthier human race, but it will solve many of our economic and political problems; it will give us all, in the end, still more phonographs and flivvers and "freedom" and art and the good things of life. It is humanity's only hope of ever stopping war, because overpopulation and the resulting struggle for food which is called under various names, "economic imperialism," "lust for conquest," "national greed," and what-not, is the one never-ending, essential cause of war.

But let us see some of the flimsy reasons for which birth control is sometimes advocated. In a recent issue of "The Birth Control Review"—a publication which I endorse with all my heart, and whose editor, Mrs. Margaret Sanger, will always be honored in the history of human progress, some "medical student" gives "ten reasons for birth control."

Among these reasons are "The fewer children in a family, the better education, the better food they can get." Well, that is only partially true. Among many poor families the children are an asset almost from babyhood, helping the family income, and in the long run giving the parents more to eat, taking care of them in old age, and preventing them from being a charge upon the state. Of course this may be a woefully bad economic arrangement, but birth control would not necessarily change it.

Again he says, "The fewer children, the healthier the mother will be." Sometimes this is the case, and sometimes it is not. Many women find that having three or four babies improves their health. A noted beauty surgeon of Paris says: "Babies are the great beauty doctor. With healthy mothers several babies keep the mother young and make her more beautiful. Maternal beauty is the finest beauty woman ever attained." In a town of thirty-five hundred citizens the one woman who is most famous for her youthful appearance, and who is often mistaken for one of her own daughters, is the woman who has the largest family of any woman of the abler and sounder classes in that town. She has eight big sturdy sons and daughters. Mrs. Lillian Moller Gilbreth, of Montclair, N. J., the youthful and beautiful mother of ten

children, got her degree as Doctor of Philosophy from Brown University after her fifth baby. The women of the well-to-do classes who can afford it should heed such inspiring examples.

The plain fact is that, if civilization is to continue, the higher classes must have more children. And, since some women of the noblest natures have not the strength to have any children and would endow them with poor bodies if they did, since some women cannot healthfully produce more than one or two; since many healthy, able but selfish women will produce none, since many babies are bound with the best of care to die, and since many people do not get married at all, it is a mortal certainty that some women must go on having four, five, six and even eight or ten children. For, numerous statisticians have proved that unless there are just about three and three-fourths children born to every couple who have any children at all, the race will gradually die out. No race will ever really do that. No race ever has. Indeed, no race ever can. I have already shown in these papers that race suicide—the actual disappearance of a race because of the fact that it has no children—is physically impossible. Somebody will always have children.

The one central question among birth controllers should be *who is going to have the children*—the wise, provident and strong, or the weak, thoughtless and stupid? There is no such thing as race-suicide. It is always *class-suicide*. And it is always the wrong class. There is immense danger that our birth controllers will influence limitation of families in the one class that ought not to limit its birth-rate to any very great extent. Because the ones who will listen to them are the more intelligent. And when the more intelligent disappear, as *they are disappearing in America*, civilization disappears with them, and then you have a world not worth living in.

There is one tremendous feature of birth control which I have never heard mentioned at any birth control meeting nor in any of the literature on the subject. And, that is that when race suicide—or rather class suicide—sets in, it leaves just two classes of people who go on producing children. It leaves the shiftless and stupid at the lower end of the scale of social worth, and the unselfish, patriotic, domestic, home-loving, child-loving, motherly and fatherly at the upper end. And since the domestic, home-loving, child-loving instincts are mental and moral qualities, they are inherited by the children of such parents. The result is that voluntary parenthood is going to produce a much more unselfish, more moral, loyal, clean-minded, patriotic class at the upper end of society. This latter fact was first suggested, I think by Dr. F. A. Woods, the noted authority on the Royal families.

But two dangers lie in birth control

propaganda. First that the ignorant and empty-headed who need birth control the most, both for their own happiness and the health and strength of the race, cannot be induced to practice it. And second that such preachments as that "the fewer children women have the healthier they will be," will scare the life out of many of our best and most feminine baby-loving women and lead them either to have no children, or to stop at one or two.

If every little ailment a woman has is going to be ascribed by irresponsible medical students to child-bearing we shall, to use a homely figure, scare the hen off her nest before her eggs are hatched. Now these babies are the dearest things in the world to the mother. They are "the sweet fulfilment of the flesh" to her. She would like to raise a whole brood and forget all about the rest of the world in this heaven of watching over the little chicks. But our medical student goes on to say "that the fewer children women have the more time they will have to read and study!"

Now, I submit to our birth control friends that it is vastly more important to our national and racial life, as well as to the full personal development and happiness of our best womanhood, that we have a goodly bunch of children born to our best and healthiest women than that they should be "free" to have twenty-four hours a day to "read and study." If there is anything this side of heaven that brings larger returns and bigger expansions of the mind and heart to any man or woman than reading and studying and talking and worrying over their problems and troubles and love affairs with two, three or a half dozen children, I do not know what it is. I have found from long observation that women with several children seem to know life and art and literature and philosophy and science, not only from reading about such things, but from living them with their children as well or better than women who have devoted their lives to reading and study in books. Women of the right sort—the women whose natures we want transmitted through the blood of the race—find a vaster "freedom," a deeper knowledge of life and its great mysterious beauties in a little home filled with children, than the gadabout with all her sophistication and so-called "freedom."

The truth is that birth control is the greatest instrument for race progress ever attained by any species. Think of it, no plant or animal ever possessed such a thing before. It means that the trend of racial evolution is absolutely in our hands. This is the biggest fact of the modern world. And for this reason it must be guided with all the wisdom and caution we can summon. It is nothing short of the management of organic evolution itself, with all its unthinkable consequences. But if such trivial reasons as those ad-

(Continued on page 62)

GETTING THIN TO MUSIC

Reducing Reduced to a Science

ARE you bulky of body, and heavy of heart? Would you really like to reduce? Will you accept without cost the proof that you can? Then read what this man has done! Not long ago, in Chicago, it was stated that the scientific secret of weight regulation had been discovered. Wallace, a leading physical director, had worked seventeen years to make the announcement. But it did not take long to prove it was true.

UNDER observation of the press, he took fifty persons, each at least 50 lbs. overweight. Pictures and weights were published daily. In exactly forty days, every member of the class was down to normal weight and measurements! Nothing so crude as starving was employed; the method lets one eat. In fact, Wallace's success in reducing is due to his discovering that food does not cause fat. When you stop and think, some of the most humorously fat folks eat less than a child. Wallace simply found a way to prevent the system from turning too much of what *is* eaten, into fat. His course gives you things to do—to music—which makes your system use every bit of nourishment for blood, bone and sinew. Nothing is left from which to make fat. Getting thin to music is simple enough, but results are fairly astounding.

THIS interesting course has reduced thousands of women living in all parts of the U.S. Most of them had tried other means of losing weight without success. A typical example is Mrs. Grace Horchler, who resides at 4625 Indiana Ave., Chicago. She weighed 242 lbs. and in four months reduced to 168 lbs. This loss of seventy-four pounds was accomplished solely by Wallace's reduction records, sent her by mail. Because of the natural method of reducing, her body was left symmetric, firmly moulded. A hundred similar instances are on record, while the loss of fifteen, twenty or thirty pounds seems mere play; innumerable women have reported reductions of these amounts. Every mail brings new letters of appreciation.

GET thin to music, and Nature will make your bodily proportions normal, and keep them so. For this remarkable reduction course on phonograph records—set to music—brings instant and permanent results. As the



He makes them thin to music. A close-up of Wallace, a physical director now nationally known for his discovery of an unfailing, scientific method of reducing weight. It is done to music. His phonographic reduction records are sent everywhere.

knowledge of it grows, the number of women who carry a burden of excessive flesh will grow visibly less. Distance is no obstacle, for the lessons are sent everywhere. One's own phonograph is all the equipment needed. No incentive to keep at the course is required—it is all too novel and interesting to be a task. The course is full of surprises, and results come very quickly.

YOU may test this wonderful method of reducing without paying a penny. Wallace will reduce you five pounds *free*. He will do it in five days' time! You don't have to agree to take the course. You don't have to send any money. He will send postpaid, plainly wrapped, a full-sized regular reducing record and instructions. All he asks is to try it. For your own sake, don't doubt what he can do—for his method has proved unfailing. Women of every weight, height, and age have been rid of their fat as if by magic.

How can anybody who really wishes to get thin decline such an offer of proof! Clip or tear off the coupon below; fill it in now; mail it today.

WALLACE, 56 Jackson Blvd., Chicago: Please send record for first reducing lesson, free and prepaid. I will either enroll or return your record at the end of five-day trial. (56)

(Miss or Mrs.) _____

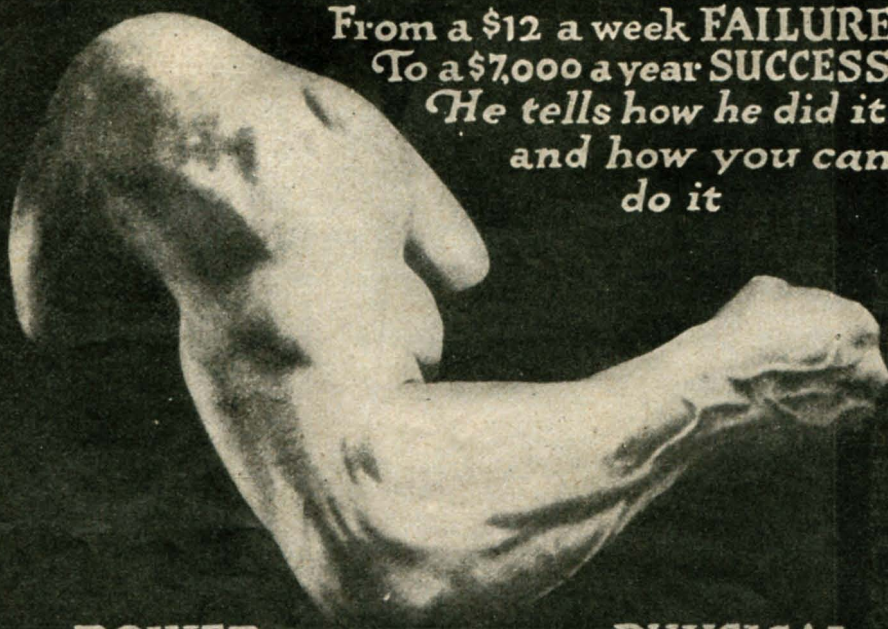
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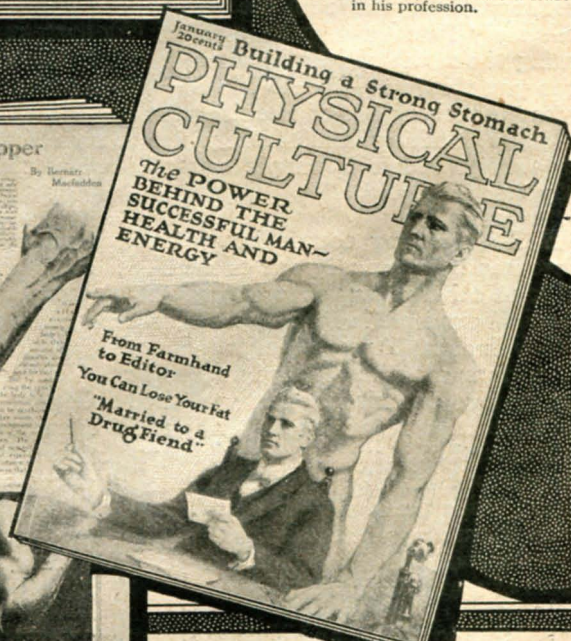
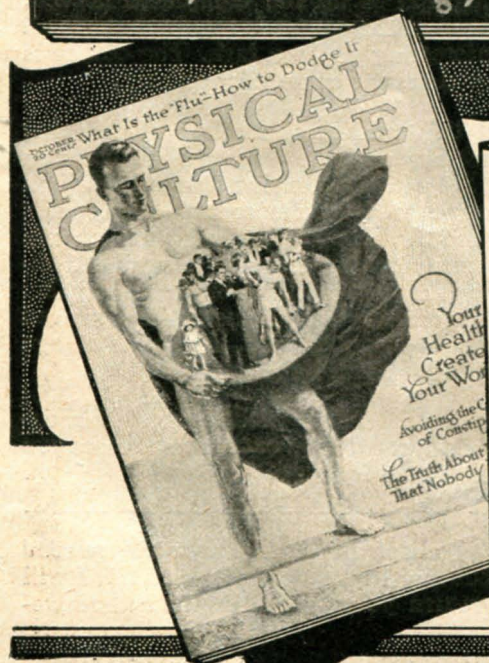
PICTURES OF EARLE E. LIEDERMAN As Shown in Physical Culture

These are a series of front covers and inside pages of **PHYSICAL CULTURE** which have recently appeared. All of these illustrations were made from poses by Earle E. Liederman. The front cover illustrations were suggestive of the leading article in that issue of **PHYSICAL CULTURE**.

The articles appearing within the book for which he posed were such as "Building a Powerful Chest," "Building a Powerful Arm," etc. The arm pose has been so generally accepted as up to true form that it has been repeatedly reproduced by other men in the **Physical Culture World** to illustrate what is possible to the average man if he will but apply himself and work faithfully for physical perfection.

Great Care Should Be Taken in the Selection of an Instructor

Don't turn your body over to a plumber or a blacksmith. This is a most serious event in your life. Your whole future may depend on this step. Your instructor should be one who has been tried and proven. When **PHYSICAL CULTURE Magazine** selects a man you may be sure he is beyond doubt a leader in his profession.



EARLE E. LIEDERMAN

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WHAT THIS MEANS TO YOU

Earle Liederman was not always this perfect physical specimen of manhood. As a boy he had the desire and ambition for a strong, virile physique. He desired a body that would mean the power to accomplish. He made a scientific study of this subject and applied it to his own body until he finally found the secret of physical perfection. His shoulders broadened out, his chest grew large and hard, his neck began to feel like bands of steel. His arms surprised him with their rapid growth and he soon felt that satisfied sensation of abounding health and strength. Friends began to admire him, artists sought him until now he is recognized by the highest authority as the style of man they wish to demonstrate and recommend to their readers.

Mr. Liederman is now imparting this secret to others. He has thousands of satisfied pupils, who have tried his system and proven it successful. Among these are many of our professional strong men of to-day.

Do you long for this strength and power? Do you crave the big broad shoulders, the deep chest, the strong arms, the vim and vitality of an athlete? If you do, get it from the one who is already a proven success. Seek the man who knows.

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It tells the secret, and is handsomely illustrated with 26 full page photographs of himself and some of the world's best athletes whom he has trained, also full particulars of his splendid offer to you. The valuable book and special offer will be sent you on receipt of only 10 cents, to cover cost of wrapping and mailing. Sit right down now and fill in the coupon. The sooner you get started on the road to health and strength the easier it will be to reach perfect manhood. Don't drag along one day longer—mail the coupon today.

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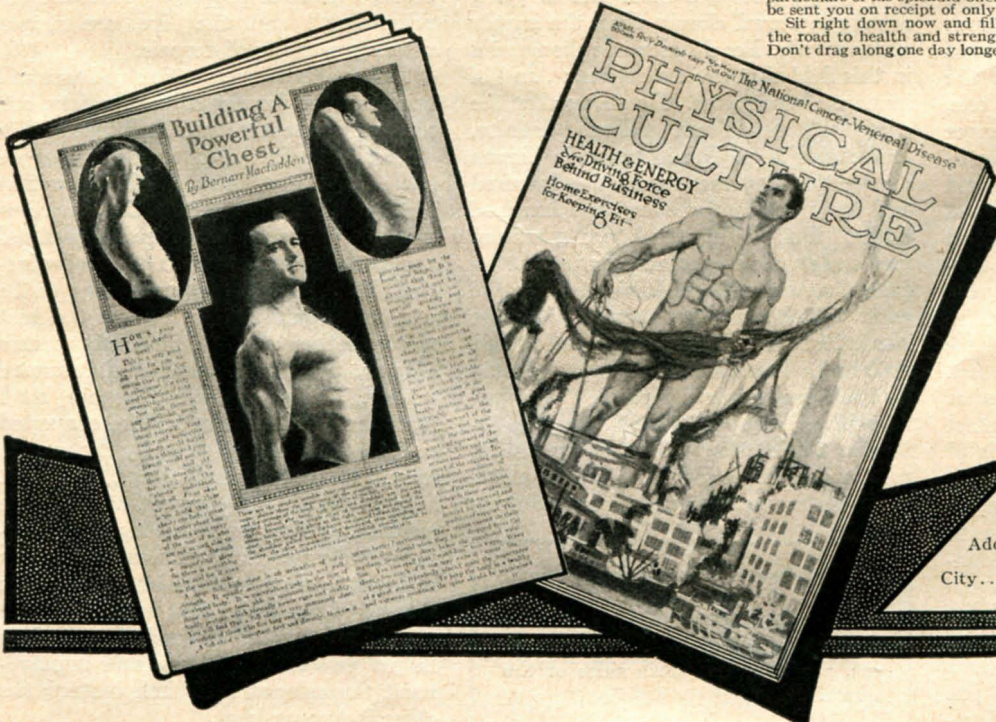
Dear Sir: I enclose herewith 10 cents for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development."

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(Continued from page 58)

vanced above are going to induce our patriotic, devoted women to cease having children, it will run the race and nation amuck.

Voluntary parenthood will make the race more unselfish because it will weed out the selfish, the gadabouts and the immoral. It will probably even weed out the wandering, roving, imperious, warlike tendencies. The race will probably become less belligerent, more domestic and home loving. But it will do this only if our best women can be induced, where their health permits, to see home building and child-rearing as their greatest service to the nation and their surest source of a happy, personal life. The Birth Control Review has in the main kept these great facts in view, but it should call to its aid, not ignorant students and rampant reformers, but, as it has generally done, it should enlist the services of the ablest statisticians, biologists and philosophers, the largest minded and largest hearted men and women of the world. The Birth Control Congress, held in November last, in New York, showed great wisdom in doing two things. First it passed a resolution, offered by one of our leading eugenicists, Professor Roswell H. Johnson of Pittsburgh, stating that the purpose of the Birth Control League is to encourage good sound families among our abler and more successful stocks. Had this resolution not been passed every biologist and true eugenicist would have left its ranks. Secondly, it voted down a resolution calling upon the Postmaster General to repeal the regulation prohibiting literature dealing directly with methods of preventing child conception from going through the mails.

The Voluntary Parenthood League, another organization, is fighting to have this provision repealed. In the course of time this may be done with wisdom, but it would be highly dangerous now. While the spirit that originally animated the regulation was ridiculous, yet the provision has probably been a wise one, at least for the present. The great danger is, first of all, that all sorts of death-dealing nostrums would be advertised in this manner. The management of organic evolution should not be placed in the hands of patent medicine and nostrum venders. And secondly, every father and mother have their own individual problems. And these problems can only be handled by careful personal consultations with medical advisers of the highest authority. Birth control advice by mail would lead thousands of women to diagnose their physical condition themselves, whereas the wisest physician on earth would not dare to diagnose himself. How much more dangerous, then, for some suffering woman to write out a disjointed, distorted, ignorant account of her physical troubles and ailments and then be trusted, after a haphazard, guess-work diagnosis, to put even sound advice into practice. More-

over, no reputable physician would ever diagnose and prescribe without seeing his patient. Thus the mercenary and unscrupulous would control the whole racial situation.

The Birth Control League, of which Mrs. Margaret Sanger is the head, has no such purpose in view. They propose to follow the example of Holland, where fifty birth control clinics have been established over that little country, at which parents may receive individual advice. This system has worked with most admirable results. It is a travesty upon American civilization, a blot upon our very flag, that such clinics are not now in full operation in every town and hamlet of the nation. This advice should be given at the lowest possible charge, and to the poor who need it most it should be given free of charge. It is enormously in the interest of the abler classes to pay this expense. For the fewer children among the shiftless and thriftless, the more wealth, food, jobs and opportunities are left for the far-seeing and provident. Indeed with the very ignorant and improvident, contraceptive knowledge should be, with every possible tact, carried into the home by trained nurses who have been properly educated, and who are in co-operation with the health authorities.

It is to the interest of every lover of America, every lover of humanity, to study and understand this problem of birth control. It is the central, outstanding fact of modern civilization. There is not a particle of doubt that birth control or no birth control, every race is going to expand to the limits of its food supply.

Professor Raymond Pearl shows by facts and figures which he has developed in his laboratories at the Johns Hopkins University, that the birth-rate is going always to crowd closely upon the supply of food. Dr. Pearl has made discoveries in this field that are entirely new, and of immense importance. He shows that the curve of population follows definite, predictable laws. For instance, in Vienna during the war, there were two hundred and forty deaths for every one hundred births. But the moment you get more food and stop killing off men on the battlefield, the avalanche of babies fills up the gaps. Within twelve months after the Armistice, the birth-death ratio had shot up to one hundred and sixty deaths for each one hundred births! The war, he shows, killed 18,000,000, and the influenza 20,000,000. But every nation goes marching gaily on, the moment these earthquakes have passed, creating

more mouths to feed. Professor Pearl, by elaborate mathematical methods, concludes that they will always do this.

Obviously, then, the problem of race improvement, which is the supreme problem of statesmanship, is to devise methods for determining what sort of babies shall be born. Birth control does furnish us that means. Dr. Pearl proves, I think conclusively, that there will probably never be more than about 200,000,000 people in the United States. Within fifteen years we shall need every ounce of food our soil can produce to feed our home people. Now whether, when we reach 200,000,000, we shall be an ignorant, squirming mass of spawning humanity, constantly swept by pestilence, war and famine, fighting each other for food, or an upstanding breed of free and able people, our upper classes constantly producing a little more than their share of the children, and the lower classes a little less than their share, and thus slowly marching on toward health, beauty, strength and sanity in the race, is entirely in our own hands.

A nation with a stationary population, constantly improving its stocks, is the only nation that can ever be called truly civilized. To make America such a nation should be the constant aim of all our social, educational, religious, business and political statesmanship. The statesmen who cry for larger families, irrespective of their quality, who talk about a "big nation," "cheap labor," "our unlimited resources," when as a matter of fact our resources are exceedingly limited and already our soil has reached the point of "diminishing returns," the statesmen, or rather jingoes and junkers, in America, England, Germany and Japan—for we have them in all countries—who talk "expansion," "new lands for our race to breed," "chosen people," "economic development," and the like, are simple uttering counsels of despair.

To hope that every nation and race will be content to develop a great society, art, philosophy, science and literature within its own borders and habitat may be futile. I do not know. I do know that birth control with a resulting improvement of the racial stock within each nation is the one instrument of racial salvation. I do know that overcrowding on the one hand, and class suicide of the best stocks on the other, are the chiefest causes of war, pestilence, famine and human misery. Some churches oppose birth control. Whether they will be converted or their tenets swept away by the onward march of human intelligence, I do not know. But, I do know that they are counselling the race to nothing but continued misery. I do know, and every biologist, every statistician, and every student of the things that make races and men, knows that beyond the horizon lie just two things. One is race improvement through rational birth control; the other is Armageddon.

What does the reader think of birth control? We will publish other articles on the subject, but we will be glad to have letters from our readers, preferably on both sides of the question.

AMAZING NEW EXPERIMENTS WITH YEAST just completed by one of America's great Scientists

*Ideal health maintained on
diet with Fleischmann's Yeast*

*White rats chosen because they
eat and thrive on the same
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ACTUAL feeding experiments of far reaching significance have recently been completed on yeast. The findings are of vital importance to yeast therapy and to the millions of men and women—1 out of every 5 you meet—who are eating Fleischmann's Yeast.

One hundred and fifty white rats were fed meals of the same food value that any man or woman might eat. No element was missing except the water-soluble vitamin B. The rats, which were young and sleek to start with, at once began to lose weight and strength.

When the loss in weight had progressed to a definite point, Fleischmann's Yeast was added to the white rats' diet at the rate of .2 gram a day. The white rats ate the yeast greedily. Immediately they began to pick up and soon reached normal weight. They maintained normal growth from then on as long as they ate Fleischmann's Yeast.

Identical feeding experiments were made with a number of yeast preparations in tablet, capsule and other forms now on the market, and also with a different kind of yeast from Fleischmann's.

In every case, instead of recovering, the rats lost weight steadily until the dose was increased from .2 gram to .7 gram and upward to as many as two whole grams. In two cases satisfactory growth was never

attained. The animals remained infantile in appearance and in size.

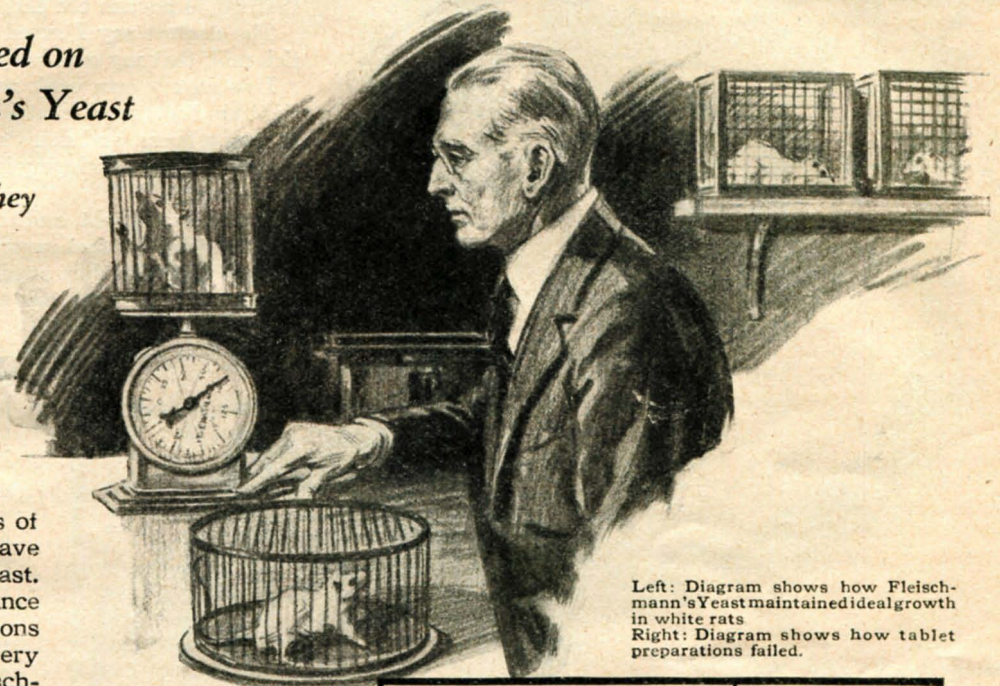
Findings on white rats hold good for human beings

In scientific research white rats are always chosen for feeding experiments because they eat and thrive on the same kind of food as man. Just as a white rat cannot maintain normal vigor and health without the vitamin B, neither can a human being.

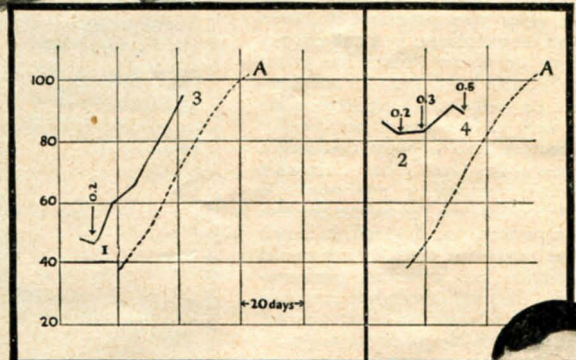
Many of the meals that we eat every day lack this necessary vitamin. The result is a gradual lowering of health until the body loses its resistance and quickly becomes a prey to disease. Indigestion, chronic constipation, lack of energy, are the first and most important symptoms.

Later in life this lowered vitality shows in premature age and even death. Each year thousands of young men and women in America die unnecessarily of diseases that come normally only with old age.

Fresh yeast is a food which supplies the vita-



Left: Diagram shows how Fleischmann's Yeast maintained ideal growth in white rats
Right: Diagram shows how tablet preparations failed.



Dotted lines A represent ideal growth.

1 and 2—low points reached on diet without vitamin B and where feeding with Fleischmann's Yeast (left chart) and tablet preparation (right chart) began. 1-3 and 2-4 represent growth of white rats after being fed Fleischmann's Yeast (left) and tablet preparation (right). Note how closely the Fleischmann's Yeast line, 1-3, follows the ideal line and how tablet preparation, line 2-4, fails to follow ideal line.



min we must have in order to preserve vigor and health. Fleischmann's Yeast as a food is doing for people what medicine cannot do naturally or permanently—keeping them vigorous, protecting them from unnecessary disease and premature old age.

Add Fleischmann's Yeast to your regular diet. Eat 2 or 3 cakes daily before or between meals. Place a standing order with your grocer. 200,000 grocers carry Fleischmann's Yeast. If your grocer is not among them, write to the Fleischmann agency in your nearest city—they will supply you.

Send for free booklet, "The New Importance of Yeast in Diet." Address The Fleischmann Company, Dept 7103, 701 Washington St., New York.

FLEISCHMANN'S YEAST is a food—not a medicine

"I've Kept My Beauty, Despite Motherhood"

(Continued from page 43)

normal size again, if only you exercise the muscles in the way I shall tell you.

I nursed both my children, and with my youngest I had so much milk that I gave the over-supply to the child of a neighbor downstairs, whose baby was dying because the mother had no milk for it, and the doctor couldn't seem to get a formula that would nourish the child.

The doctors say I saved this child's life, by giving it the rich milk that my own baby did not need.

I do all my own work nowadays—it's too hard to get the right kind of a maid. But I want to tell you that making beds, sweeping floors, and doing all kinds of housework is perfectly splendid exercise, bringing into play practically all the muscles in the body.

If you sweep right, and throw a lot of damp scraps of newspaper, or some of that sweeping powder on the floor, you don't need to raise any dust at all. And really, there are very few exercises a woman can take that tone up the abdominal muscles the way sweeping does.

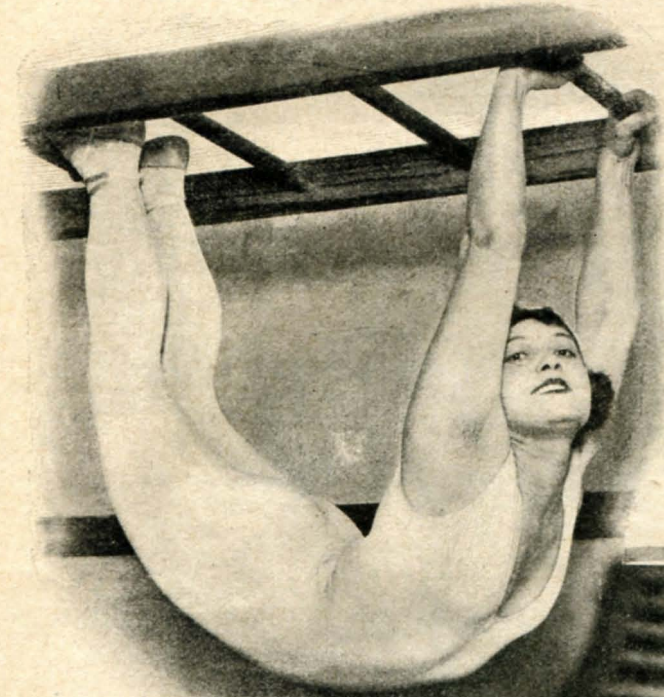
It is that pendulous condition of the abdomen that is one of the surest "earmarks" of motherhood. I think women bring on this condition themselves by depending on the abdominal bandage—and on corsets.

While it may be good to wear a snug abdominal bandage for a week or so after your baby is born, I believe that mothers bring about a sagging of the walls of the abdomen by wearing the bandage too long, as well as by wearing corsets. I have never worn corsets, and I have never worn a bandage longer than a few days after my babies came.

Nature gave us our muscles for use. And if we don't use them they become soft and "baggy."

Now, here is what I do. First thing in the morning, when I get up I drink two glasses of hot water into which I have squeezed the juice of half a lemon. This clears out the mucous which accumulates in the stomach during the night, and tends to stimulate the liver and the bowels to increased activity. I find it one of the very best methods I

(Continued on page 66)



Copyright Wide World Photo Service, New York

Not only the practice of these vigorous exercises, but the capacity to do these things has given Ida Schnall her fitness for motherhood as well as making it possible for her to maintain her bodily perfection and beauty unaltered. It may be that Miss Schnall's athletic versatility represents a program far too strenuous for the average woman. Indeed, it is not to be expected that others could duplicate her unusual performances. Nevertheless, her example stands as a lesson to other women in respect to the need for a physical culture life, and at least normal strength and development.

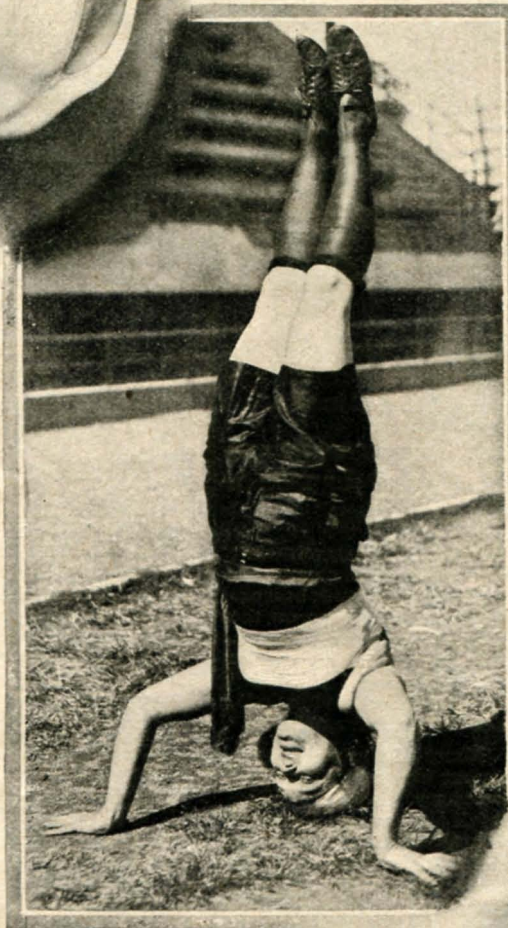
My first baby weighed nine and one-half pounds, the second eight and one-half. And I felt so strong and well that the day following their birth I could have gotten up, if the doctor had permitted me to do so.

Having these babies and giving them the tenderness of a mother's care, has been a wonderful experience for me. But the most wonderful of all is that I had my babies, and gave them everything that the most devoted mother could give of herself—her care, and unremitting attention, yet I have been awarded a prize as the most beautifully formed woman in the world.

I kept my figure despite motherhood. Any woman can do just as I did, if she will only make up her mind to try.

That's the trouble with most women. They are too lazy to exert themselves. They let themselves become slovenly, untidy and fat. And then they blame it on their blessed babies, when they should be honest enough to blame themselves.

First, I want to tell you that your breasts are bound to be larger, while you are nursing your baby. But they go back to





Nature plans that the foot rest on heel, ball and *outside* arch.



Civilization demands that the heel and arch be raised.



The Arch Preserver Shoe and its shank satisfy *both* Nature and Civilization.

Nature's first requirement for the foot is support!

THE only function of the human foot is that it bear the weight of the body. Like any structure designed primarily to bear weight, the foot must have a correct foundation on which to rest.

As in the case of a bridge or a building, incorrect or inadequate support at once causes strain that will eventually ruin the whole structure.

Nature planned the foot to have firm support at three weight contact points—the heel, outer arch and ball. Nature designed the foot to be healthy and comfortable. The bare foot, flat on the ground, is correctly supported.

But the foot in an ordinary shoe is not properly supported, because there is no firm walking base under the outer arch. This fact becomes obvious when wearing an ordinary shoe is compared with going barefooted! This fact, furthermore, explains the discomfort

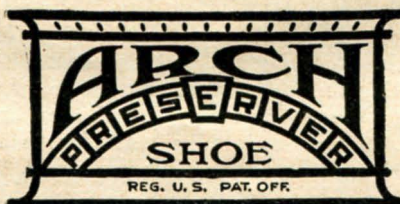
and permanently weakened feet of so many thousands of women today.

The Arch Preserver Shoe was designed to give "barefoot" comfort—support underneath the entire length of the foot—by means of a concealed, built-in arch bridge. This bridge makes possible the enjoyment of perfect foot health while wearing fashionable shoes. It assists in the proper functioning of the muscles and the circulation of blood, while relieving all strain on the ligaments.

Civilization demands heels. The Arch Preserver Shoe makes it sensible to wear moderately high heels; makes it practical to follow the trend of Fashion. The Arch Preserver Shoe really *preserves* good feet!

But you can secure the advantages of this shoe by insisting on the trade mark below, which appears on the lining and sole of every pair. The features of the Arch Preserver Shoe are patented.

The Arch Preserver Shoe is manufactured for women and misses in all styles—widths AAAA to E. Sold by 2,000 dealers. Ask for booklet No. 59, on foot health. The Selby Shoe Company, 49 Gallia St., Portsmouth, Ohio.



The Arch Preserver Shoe

Have you the courage to read these figures?

Insurance statistics show that only 11 out of every 100 men who are twenty-five today will be able to support themselves at 65.

36 will be dead.

6 will be self-supporting.

Only 5 will be well-off.

53 will be dependent on others for support.

"What will you be doing at 65?"

Will you still be able to earn your own living? Or will you be dependent on relatives for support?

It all depends on what you do in your spare time. Train yourself to do some one thing well—put your services in demand—and old age will have no terrors. Your training and experience will make your services more valuable every year.

Neglect your opportunity—waste the precious years of youth—keep putting it off until the Tomorrow that never comes—and at 50 or 65 you will be only the shadow of the man you might have been.

Read over those figures again. And then, for the protection of the future years, send in the coupon that has meant the difference between failure and success to so many men just like yourself.

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494 Inter-Southern Bldg. LOUISVILLE, KY.

(Continued from page 64)

know of for overcoming constipation and liver torpor. It also gives the stomach glands a chance to do better work and to secrete more pepsin and stomach acid, so that you can better digest your food.

After I drink my two glasses of hot water, I take a bath. I get right into the tub, take a stiff bath brush or bath mit, and rub the skin as hard as I can—especially under the breasts and over the abdomen.

Then I stand upright in the tub and with a bath sponge or a big towel soaked with the cold water from the faucet, I splash myself quickly all over. I then take a heavy crash bath towel and rub myself until my skin is pink with the exercise of rubbing and the friction of the towel.

I lost fifteen pounds in this way inside of a month, after my second baby came. And I can assure you that no matter how tired and sleepy you may be, a bath like this will put new life into you.

After you get accustomed to the routine, it doesn't take more than five or ten minutes for your bath—and you feel much better all day for it. Also the bath and the brisk rub help in a wonderful way to make your flesh firm, and tone up the muscles of the breast and abdomen, keeping them from getting flabby.

One of the greatest of all health giving measures I have ever tried is the internal bath. I have made a practice for many years of taking an internal bath on an average of once a week. For, no matter how freely the bowels may have seemed to move, I find that there are hardened particles of fecal matter that cling to the bowels and really can only be gotten rid of by the thorough washing out that they get when you take an internal bath.

I have told more than a score of women about this, women who used to be troubled with pimples, bad breath, sallow complexion, and a blotchy skin—and in every single case after they had used the cleansing enema for a month or so their pimples disappeared, their complexions cleared up, and their cheeks became pink and rosy—instead of sallow and blotchy.

Just as soon as possible after your baby comes you should take up some form of exercise—especially some kind that will keep you in the open air. The trouble with most women is that they sit around, eat, and get other people to do their work. They don't take a bit of interest in getting themselves back into shape. In fact, the most active exercise many women take is to play cards, go to a matinee, or have their nails manicured.

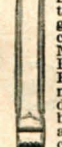
One of the best of all the exercises I know to strengthen the muscles of the breast and abdomen, as well as to tone up the womb itself, is to "bend the crab." You may not be able to bend backward until you can touch the floor with your hands. But you can stand a few feet from the wall, and, putting your hands

(Continued on page 68)



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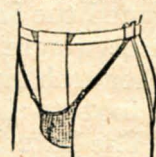
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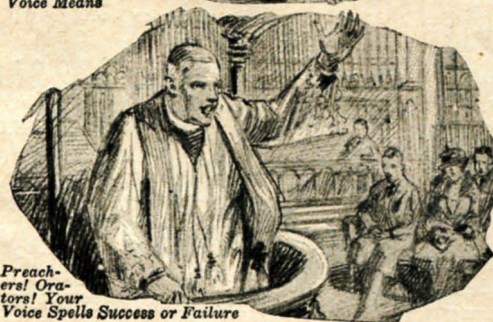
Social Prestige—Popularity to One Who Sings



Certainly You Lawyers Must Have the Best Possible Voices



Teachers! Realize How Much Your Voice Means



Preachers! Your Voice Spells Success or Failure

IS THAT the way you go after a job? You may have a fine set of brains but you must have a voice to prove it.

If you are not as successful as you might have been, start out right by confessing to yourself that something is wrong. There is something which prevents you from appealing to those who have an influence on your income.

Perhaps Your Voice is to Blame!

Have you ever considered that the trouble may lie with your voice? Your contact with the world depends upon your five senses—sight, smell, taste, touch and hearing. Certainly you try to dress well and to be pleasing in the sight of others. Probably you have developed a fine firm handshake. When you entertain friends at dinner you serve food that will please their taste.

But—do you do one single thing to make your voice pleasing to others? Remember that your voice is the one thing which puts you in audible touch with the world. Your voice is to you what the telephone is to your community. Your voice can make your future or it can spoil it. You get but one chance at any big job. Are you sure that your voice won't kill that chance?

Do You Know Your Own Voice?

Do you know what your voice sounds like, anyway? Do you know what effect it has upon others? If it has an ill effect you will never know it, because probably there is no one in the world who will tell you about it. People hesitate to injure another's feelings. That is the reason why thousands, even millions of men and women, have gone through the world unsuccessful, or only fairly successful, who had the brains and ability to make tremendously big successes. All of these people probably dressed well when they went after their job. Their clothes were neat and clean just like you attempt to keep yours. Their shoes were shined and their faces were smiling but they came away without the job because they couldn't talk.

The Thrush and The Crow

Instinctively you say, "The wonderful thrush" and "The obnoxious crow". The difference is wholly "voice". You linger about and are inspired by sweet music. You get away from discord. The world is alike in the things which appeal to its senses. You may,

indeed, have a head full of brains but if you have a throat full of gurgles nobody wants you around.

It makes no difference what your occupation may be. Whether you are a man or woman you cannot obtain the greatest success in any line of work if your voice is against you.

You can look in the mirror and see yourself as others see you.

If you desire, you can hear yourself as others hear you and you can be sure that the impression made by your voice is pleasing.

A Better Voice for You!

Executives, salesmen, professional men, secretaries, stenographers, department heads, everybody in the world who talks may have a better voice than he has now, and with a better voice he may be more successful. Ninety-nine out of every one hundred people have an undeveloped voice.

You are impressed by a voice—attracted to it. If it is vibrant, resonant, positive, convincing, clear-cut and deliberate, you recognize it as the voice of the able man or woman.

If it is flat, drawly, choky, negative, hesitating, guttural, slovenly, strident, choppy, spasmodic, cluttered, incoherent, stuffy, raucous, nasal or disagreeable in any way, you want to get away from both the voice and its owner.

All the world is like that.

Will you try to improve your voice—will you determine that you are going to give your voice every opportunity to help you be more successful, to enable you to make more money? It can be done easily. You can do it—easily.

A Few Minutes a Day—At Home!

Fifteen minutes a day for a few weeks will make such a wonderful change in your voice that you will scarcely believe it possible. It will give you greater assertiveness—a more pleasing personality and a positive manner which will make your arguments so much more convincing that it can scarcely do otherwise than to increase your efficiency and your income.

Write today for the book "Voice Culture" and it will be sent free, prepaid. No matter who you are, no matter what your position, write for this book for it will show you how your voice can lead you to greater success. Write today.

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(Continued from page 66)

over your head, bend back until they touch the wall. Then let your hands "crawl" down the wall—a little lower each day. This is the most wonderful exercise you can take for stretching the spine and limbering up the backbone, as well as for toning up the body muscles, "lifting" up the stomach, and helping to keep your figure slim.

I need hardly say that women should always be careful not to overeat. It is so easy for mothers to get into this habit. But overeating combined with under-exercising, puts on more fat in a day than you can take off in a week.

My own meals are very simple, consisting of milk, eggs, meat and plenty of green vegetables and fruit. I never, if I can avoid it, eat "demineralized" food of any kind; no white bread, crackers, uncoated rice, pearled barley, or any of the lifeless breakfast foods so generally eaten nowadays. Nor do I let my children have any of these "robbed foods."

Also, I very seldom eat pastry, candy or any sugary foods. No woman, who has any tendency to put on fat, can eat this sort of food and not pay for it with the loss of her figure.

In short, I live hygienically. I follow the laws of health, set forth in this magazine. If every woman would do the same, there would be more happy families in the land. There would be more contented husbands. And there would be none of that loss of charm and beauty, that women have wrongly blamed on their motherhood.



You have seen him before. His real name is David Morron Berger of Vinita, Okla., and the reason why you see him again, is because we had his name all wrong in our Pictorial in February. Also, it is our purpose to remind you to put name, address and permission to publish on the back of every photograph submitted for publication. Don't forget, for that is how mistakes like this occur. We are always sorry.

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How I Learned to Dance—At Home in a Few Evenings

The new method that quickly made me a master of all the latest and most popular steps—without a teacher and in the privacy of my own home

By James W. Prescott

I HAD never gone in for dancing. I knew something of the old waltz and the reel, but the new and popular dances might just as well have not existed, for all the attention I paid to them.

Whenever they were danced I generally sat them out, or smoked and talked with some of the fellows. I really didn't care a bit about them—didn't know how fascinating and exhilarating they were. And I didn't want to learn—

Until I met Hal Towle and his pretty sister, Caroline, while they were spending their vacation with friends of mine. Well, Hal, Caroline and myself got to like each other a great deal. We were always together—especially Caroline and I. In fact, escorting Caroline to little affairs at various friends really opened my eyes to the remarkable popularity of dancing. It showed me how utterly out of things one is who doesn't dance.

Everywhere we went some one would propose a dance. The rugs would be kicked up—the phonograph started—and away the couples would whirl to the music.

Both Hal and Caroline were certainly wonderful dancers and never lacked for partners. In fact they were very much in demand—especially Caroline. Once Caroline asked me if I knew how to make a special step in the Fox Trot, known as the Dardanella step. I felt ashamed to confess that I didn't even know a single step in the Fox Trot, so I bluffed it out by saying, "Oh, I don't care for dancing. I don't see any fun in it at all." But I had suddenly become very keen to know how to dance well, only I didn't propose to go on the floor and feel like a stupid while Caroline—or some one else, taught me. So I pretended indifference to dancing.

Later on when Hal and I were alone I asked him in an off-handed way, where he learned to dance so well. But I was intensely interested in his answer.

How I Became a Wonderful Dancer

"Why," he said, "I learned in my own home in a few evenings."

"What!" I cried.

"Fact. I learned all of the popular dances—the Fox Trot, One Step, Two Step and the Waltz,—learned them all in a few evenings in my own home without anyone else knowing what I was doing."

Then he told me all about the School of Artistic Dancing—how this School teaches by mail—how very little it costs—and how

quickly one can learn even the most intricate steps in a few evenings through a very interesting method.

I sent for the Course at once and within a few days the complete system came to me by mail. I was astonished to see how easy the method was and how clear all of the instructions. Why, all that I had to do was to read a few simple instructions, look at the diagrams and start right into dancing. Just follow the steps that were clearly shown to me by the diagrams.

At Home In One Evening

Whenever I made a mistake I caught it instantly and corrected it, thanks to the easily understood instructions and the diagrams.

It was not difficult to memorize all of the correct steps in the Fox Trot the very first evening, including the smartest steps, the jazz and the camel walk. And it surely wasn't long before I had the Two Step, One Step and Waltz—all popular dances—down to perfection.

Shortly after I had mastered these dances, I escorted Caroline to a dance and gave her the surprise of her life at my dancing ability. In fact she danced with me the entire evening because she said I danced "divinely," but I was simply following the School of Artistic Dancing instructions and diagrams. Hal heard her and giving me a quick, understanding look, turned his head away and grinned.

Experienced Dancers Benefit, Too

I have told a number of people how they can easily learn to dance, almost in one evening, through the School of Artistic Dancing methods. Even those who were considered good dancers have found the instructions and diagrams very helpful, because they show the standardized steps for each dance. You know that scarcely any two people dance alike and confusion is sure to arise unless each knows the correct



Caroline and I danced perfectly together—yet a short time before I didn't know one step from another.

Through this wonderful system you quickly learn all the steps in each dance.

steps. Then, too, few people understand the correct dancing position, or etiquette of dancing, or rules of leading and following. All of these are very clearly explained by the School of Artistic Dancing methods. In

fact the method is so complete and thorough that you are taught everything you must know to be considered as a master dancer. Yet each lesson is very enjoyable and easily understood.

Special Offer—Send No Money

If you want to become a perfect dancer, if you want to learn in your own home in a few short evenings—

Don't send one cent now. Just fill in and mail the coupon. You will then receive the complete system of the School of Artistic Dancing. Then simply pay the postman \$1.97 (plus postage) and the entire method is yours without further payments of any kind.

Try the method for five days and if you are not satisfied—if you do not feel that you have received big value—you may return the course and your money will be promptly refunded.

You cannot fail to become a perfect dancer if you follow the few simple instructions. In fact, your satisfaction with the course is guaranteed. Remember, you send no money in advance—just sign and mail the coupon. Within a very few days you will have the complete method. Clip and mail the coupon now.

SCHOOL OF ARTISTIC DANCING

Dept. 13 Oyster Bay, N. Y.

Mail This Coupon—No Money Now

SCHOOL OF ARTISTIC DANCING

Dept. 13, Oyster Bay, New York

Please send me your complete course in dancing including instructions in the One Step, Two Step, Fox Trot, Waltz, and other popular dances. I will pay \$1.97 (plus postage) to the postman when the course arrives. It is understood that if I am not entirely satisfied I may return the course and my money will be promptly returned to me.

Name.....

Address.....

Town..... State.....

Read These Letters

"I did not know one step in dancing before I bought your course. Now I am considered one of the best dancers in our set—thanks to what I learned from you." S. A.

"I am training children in folk dancing that I learned in your course. I consider the price I paid you as money well invested." V. H.

"I have easily averaged \$10 per week teaching the standardized steps of the popular dances which I learned from your course." F. G.

The Man Who Was "Slipping" at 45

(Continued from page 33)

for golf, he'd give up a fat contract before he'd miss one of their set-to's or whatever. It's past me, doctor. Is that what you got me up here to inquire into?"

"Partly, yes, John. I met Sorenson the other day and I thought he was one of the keenest men I'd ever known. Do you know who he reminded me of?"

"A combination of King Edward the Seventh, and Doug Fairbanks and Babe Ruth and a football half-back and this Kellerman swimming woman, maybe. How should I know, doc?"

"He reminded me of an Irish contractor I knew about eight or nine years ago—fellow named John Milgrane."

"Oh, he did, eh?" The victim turned his keen eyes on the specialist and bored him with them. "You're up to some devilment, the two of you!" he exclaimed, "and well I see that. But what it is is clear beyond me. And I don't want to be insulting, doctor, — only I've a broth of work to do."

"I'm not going to keep you long, John," the doctor said, leaning forward across his desk. "I'm going to make a confession to you."

"This morning I read in the paper that you had lost the Little Basin dredging job to Sorenson. I remembered what

you had told us about figuring on that contract yourself. I wondered why you had failed. So I had the nerve to make some inquiries about you on the street.

"Now, wait a minute, John!" The little doctor held up his hand. "Don't explode until I get through. You know that Stull and I are your friends, don't you? You think, I suppose, that we know our business, as you know yours. You would come to us if you needed advice or professional services, wouldn't you?"

"All right. Now, our line here is a new one. We're both tired of patching up broken-down men—we have been a little ashamed to realize that we've been for years fattening off the misfortunes of men

who broke down and had to come to us for repairs. It occurred to Doctor Stull that we ought to start earlier—use preventive measures instead of curative ones. Do you see?"

"I see all that," the contractor said. "But what's that got to do with the Little Basin job and Sorenson—and me?"

"This. If you had been fit you never would have lost the Little Basin contract. You told us all about it a month or so ago—you said it was as clean-cut a contract as you had ever figured on and that

might say. So you've got the wrong party this time, doc."

"No, John," Doctor Wheat said, earnestly. "You are right about the physical condition you're in—but you've left out an important consideration. At the rate you are going now you will be a broken down old man in another ten years—if you don't have a nervous smash before that. Dr. Stull and I are trying to beat old age for our patients. We are trying to help them side-step destiny. If you will listen to us you can be fit at sixty or seventy and live to be eighty or more. If you won't—"

"You'd better go back to Ireland and die for your country!" Doctor Stull broke in, with a sputter. "Because you're going to die anyway, and you might as well get some satisfaction out of it."

The contractor flamed up.

"I'd as soon stay here and convert a few English lovers in America with a buckthorn shillalah!" he snapped. "Hangin' would be a glorious death afterwards!"

Doctor Stull laughed heartily.

"Erin ga bragh!" he said. "I don't know but what it would be good for you to run amuck, John. I've been looking you over while Wheat was talking. He's too

easy on you. I wouldn't give you three years at your present pace myself."

The contractor looked from one to the other of them.

"Barrin' the views of one of you on the Irish question," he said, again good natured, "I don't know any two men I've got a higher respect for the ideas of. I'll confess to you both that I'm feeling seedy. Doctor Wheat is right about that Little Basin job. I was caught by one of the tricks in the specifications that I told you about. I could have cut my bid eight thousand dollars and left Eric Sorenson's gang out in the cold. I don't know what's the matter with me, and I don't think you do. But I'm open to argument."



"I took him in business with me here because he has a golf machine."

the man who got it would be the man who had the clearest head. There were tricks in the specifications that you saw. Remember? And yet you figured wrong. They told me on the street this morning that you have been figuring wrong a good deal lately. There's a reason."

The Irishman snorted.

"I'm getting you, doctor," he said. "And you make me laugh. I'm as good a man as ever I was. I walk ten miles a day, at least. I've been boxing with my boy ever since he was old enough to put on gloves. I can lick any man my weight in the city, barring a couple of ring fighters. I eat like a man on a training table diet—no fancy foods for me at all, at all. I sleep like a babe in arms, as you

"Now you're talking sense, John!" Dr. Stull said, warmly. "I don't know what Wheat has up his sleeve—this is his case. Go on, doctor—and don't let Milgrane know that you're an Ulster man at heart!"

"I agree with you, Milgrane, that your physical condition is good," Dr. Wheat proceeded. "It might be better, but at any rate your trouble doesn't lie with your body. One of your natural and normal and necessary inclinations of mind, however, has been so long neglected that it has lost its power to function. You have what I might call an atrophied spirit."

"Oh, spirit, is it?" the contractor demanded. "You talk like a priest, Dr. Wheat—"

"Not a bit of it. I'm not thinking of your religious duties and practices. There are things of the spirit that have nothing to do with the church or your soul. I don't pretend to be a metaphysician, but I'm here to tell you that you are neglecting your spiritual side to such an extent that it is going to put you on the shelf."

He shook a solemn finger at the Irishman.

"John Milgrane," he declared, "you have forgotten how to play!"

"Play. Mercy o' God, man, what do you think I am? Me play? When, I'd like to know? I like it as well as anybody living, but I've no time—"

"Sorenson has."

"Sorenson—Oh."

For a minute the Irishman sat thinking. Like most of his race he was sensitive and proud, and the comparison between himself, driven, harassed, and apparently going down grade, and the big Scandinavian who seemed never to have anything to do but play and yet who was going ahead at a roaring pace, was a comparison to hurt. Dr. Wheat studied him compassionately. But neither he nor his associate spoke. It was Milgrane who broke the silence.

"I'm afraid I'm too old to change my ways," he began. "I was a great lad for play in my youth, and I don't know now how I got out of the habit. But I did get out—and I am out—and how would you say I was going to get back at it again?"

"I have a suggestion," Dr. Wheat said. "It's spring, and the weather is sure to be fine now. Get that boy of yours and a knapsack apiece and take a walk. I don't mean a ten mile walk. Walk two hundred miles—three hundred. Take two weeks to it."

"Two weeks—but go ahead, doctor."

"Two weeks. Why not? I recommend walking first because it is good exercise and keeps you out of doors every minute of the day. When you start you will worry and think about business, and about what you ought to be back at your offices doing. But after a day or so that will begin to wear off. You'll get out into the lake country, if you're wise, and you'll keep off the main traveled roads. You'll find the boy so interested—I know him, you remember—that you'll soon begin

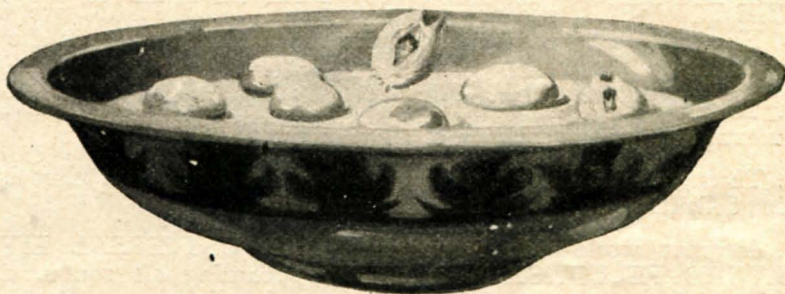


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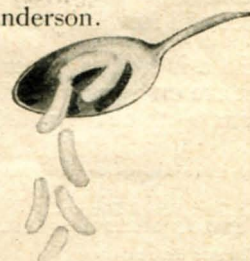
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Life, to me, had become a mockery. Years of ill health and a long series of failures had brought me to the very bottom.

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Delighted beyond expression with the results I obtained, and am constantly securing, I have asked Doctor Pearce, the discoverer of THE UNFAILING FORMULA, if I might tell others the good news, that they might have what I have found.

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Read the reports from happy, satisfied students who have taken THE PLAN. They will inspire you.

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Here indeed is opportunity. Fill out coupon—NOW—and mark this date on your calendar, for it is going to be the red letter day of your new era of New Life, Health and Financial Independence.

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Dear Doctor Pearce:

I enclose 10c and you may send me "THE LIFE WAY," tell me all about your unique new world work, and fully explain THE LIFE WAY PLAN, and what there is in it for me.

I am most interested in:

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to forget all about contracting. You'll not only tone up your body but you will up tone your mind. And most of all, it's the best prescription I know of to teach a man how to relax and to play again. Try it, and then come back and report."

Dr. Stull doubted that John Milgrane would take the prescription, and for a time it looked as though he were right. But two weeks later the contractor sent word that he was going at once. Instead of being gone for a fortnight he was away during the whole of the month of May. He reported with his face covered with tan and a broad grin.

"What do you charge for professional services these days, Dr. Wheat?" he inquired, immediately.

"In your case, John," the doctor replied, "I think we'll let you name your own."

"That's fair enough. How would half the profits do?"

"You mean the profit you make from taking our advice?"

"Not a bit of it. I couldn't pay for that—I'm not a millionaire. I mean the profits on the deal I put through while I was away?"

"I thought you were going to leave business behind."

"I did. And I met a job on the road. I can't tell you about it now—take too long. It will be a year before it works out. But it's a timber and power proposition that you'll be glad to be in on. Stumbled on it up in the north woods. 'Tis like a leprecaun tale! And am I looking better or not?"

He certainly was looking better.

"What are you going to play at now?" the doctor asked.

"I'm going to play at working a while, for a change."

"That won't do!"

"Why not?"

"I didn't advise a yearly vacation. You think you're fit now, but you're not, John. You've taken a tonic, but a tonic won't help a chronic case like your's more than temporarily."

"I won't play golf!" the little Irishman exclaimed, with finality.

"I'm not choosing your games for you. Dr. Stull has suggested that you fly kites. It's only a suggestion. You've got to choose."

"But I can't take time—"

"We've been over all that before."

"That's so. 'Sorenson does.' That's the argument, I believe. Well, I'll try to learn to spin tops and play marbles again, doctor. I'll look around."

Despite his promise John Milgrane was soon back in harness again and driving away as hard as ever. For a few months he stood the pace, then the effects of his month's walking tour began to wear off and he suddenly realized one day that he hadn't thought about play for a long time. Somewhat shamefacedly he went to a ball game. He told the doctor his experience later.

"Do you know, I hadn't seen a league game for six years, Doctor Wheat," he said. "I thought I'd forgotten what the game was like. But I hadn't. In the third inning, with two men on and Dutch Shlagel up—do you know baseball?"

"I'm sorry to say I don't, John."

"I'll give you a taste of your own medicine some day soon—I'll make you go with me. Well, with the two men on bases and this fence-buster at bat I got up on my hind legs. It was the first time I'd done it in a long time—got up and let a yell out of me. But it did me good."

"When I sat down I got to thinking about what you'd said, that I'd forgotten how to play. So I cast a look around, as you might say. Doc, I believe half the men in America have forgotten how to play."

"They're learning again," the doctor said. "But your estimate isn't far off."

"It is not. Here were six or seven thousand men sitting back on their hunkers watching a gang of other men play for them. And not more than half of the bleacher players were in the game, either. Weren't doing their share, you understand."

"I understand. Well?"

"Well, it was a lesson to me—on top of what you'd been saying. Maybe two thousand men in the grand stands were playing as hard as the boys on the field—in the game every minute, as they say. They were having a good time, too—they hadn't forgotten how to play. I've just discovered that I haven't. I'm rusty—off my game, see?—but I'm going to get back into it. I don't know what game, either, but it will be something. I'm on my way to a cure, doctor."

He was, but it was odd that his final salvation came through another man.

An odd friendship had long existed between Milgrane and a banker named Latwell. Latwell was a large, slow, intent man, with a reputation for being hard to approach and difficult to deal with. Just how he and the nervous, impulsive little contractor could hit it off was a problem to many of their associates. But they had been friends for years and no one was closer to the banker than Milgrane.

Latwell had snorted when the contractor had told him of the advice given him by Wheat and Stull, the consulting physical engineers.

"Two good men gone wrong!" he had declared, gruffly. "Caught by a fad. Gone crazy over a new idea. They're talking through their hats, John."

"Devil a bit!" Milgrane had retorted. "They're right—and I'm going to send you to them one of these days. You've forgotten how to play yourself, R. H."

"Me? I never knew how. And I'm fifty-six and have never missed it."

Then Latwell went to a hospital one night with an acute internal disturbance of some elusive sort and only by a miracle was he pulled through alive. Milgrane was his first visitor.



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On the film that ruins teeth

Dental science has declared a war on film. Millions of people, half the world over, have joined it. And leading dentists everywhere are securing new recruits.

This ten-day test will show you the results. Make it and note the change that comes in cleaner, prettier teeth.

Makes teeth dingy

Film is that viscous coat you feel. It clings to teeth, gets between the teeth and stays. It makes white teeth look dingy. And most tooth troubles are now traced to that film.

Film is what discolors, not the teeth. Film is the basis of tartar. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

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Old teeth cleaning methods have failed to end film. Much was left to night and day threaten serious damage. That's why well-brushed teeth discolored and decayed.

Dental science has for years sought ways to fight that film. Two effective methods have been found, and able authorities have well proved their efficiency.

Now those methods are combined in a dentifrice called Pepsodent—a tooth paste based on modern dental knowledge. And to millions of people it has brought a new era in teeth cleaning.

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Pepsodent combats the film in two effective ways. It leaves teeth highly polished, so film less easily adheres.

It also multiplies the salivary flow. That is Nature's great tooth-protecting agent. It multiplies the starch digestant in the saliva. That is there to digest starch deposits that cling. It multiplies the alkalinity of the saliva. That is Nature's neutralizer of acids which cause decay.

Every application brings these five

desired effects. All of them are deemed essential. But old methods never brought them.

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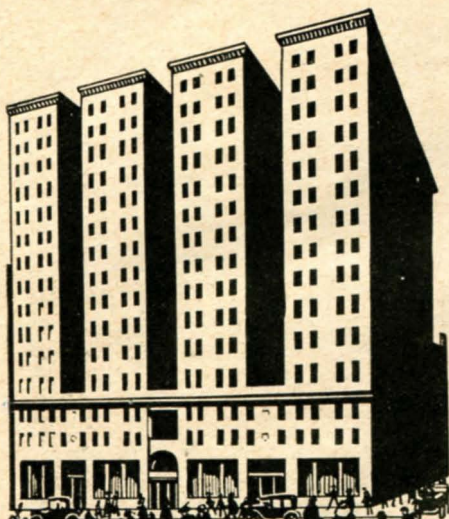
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the valuable knowledge that it has taken some of the most successful hotel men years to obtain—men who are now making \$5,000 to \$50,000 a year. All your training will be under the personal direction of CLIFFORD LEWIS—a hotel expert of national reputation. Endorsed by managers of such hotels as Waldorf-Astoria, Biltmore, Copley-Plaza, New Willard, St. Francis. A few spare-time hours a week given to the simple, clear lessons of the Course open the way to a good position, a fine living, and a handsome salary. The training will in no way interfere with your present activities.

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"The doctors tell me you're going to be a long time coming back, R. H.," he said. "So I'm going to take personal charge of your case. You're going to learn to play with me."

"I am going back to my desk at the bank two weeks from to-day," Latwell said, positively.

"Oh, is that so?" Milgrane asked, innocently.

"It is."

"That's the end of that subject, then," Milgrane said.

But he did not mean it. Bright and early the next morning he was in the offices of Drs. Stull and Wheat. He told his story and the tears ran down his face.

"I've got to save him somehow," he said. "He's too fine a man to be killing himself at his age. What'll I do?"

"Don't handle him with gloves, at any rate, John!" Dr. Stull growled. "Try a pick handle."

"What do you mean, doctor?"

"Mean what I say," Dr. Stull replied, and would say no more.

Milgrane went away puzzling. On his way to town a possible explanation occurred to him. He turned an idea over in his mind—impulsively decided on it. He stopped at the Commercial National, Latwell's bank, and had a long talk with the president.

That afternoon R. H. Latwell was informed that, because of unexpected events, his services as vice-president had been dispensed with by the board of directors.

John Milgrane thought for a time that his pick-handle cure had been overdone. Latwell was stunned, shocked, almost paralyzed by the news. But he was too haughty and proud a man to inquire into the reason and his pride also saved him from giving way under the blow. It made him angry—and Milgrane fed the flames.

Discharged from the hospital Latwell was like a lost soul. He had plenty of money, a wide acquaintance, a charming home and family—but no reason for living. He was out of a job for the first time in thirty years. Milgrane became a deep and subtle plotter. He forgot his own worries in laying traps to get Latwell to playing. He dragged the disgruntled banker to ball games and prize fights. He tried to make him take up bowling and hand ball and failed ludicrously. He himself despised—or thought he despised—golf, but there was a chance that Latwell might find it less dull and impossible than other things. He maneuvered himself into a club and he maneuvered Latwell, after many failures, into going out with him to try the game.

The banker's first drive—the first stroke he had ever made in his life—chanced to have an imposing gallery. The links were crowded and twelve or fifteen of the best known men in the city were waiting their turn when the big man stepped up to try his hand at hitting the little white ball.

Latwell would as soon have thought of confessing embezzlement as of confessing

that he did not know—anything. It was one of his characteristics. Instead, therefore, of explaining to this critical audience that he was making his first attempt Latwell stepped up to the sand box with a careless air, teed his ball up nonchalantly—and because he had watched others—perfectly, and straightened up to play.

Except for the follow-through his drive was faultless.

The ball traveled as straight as a pigeon's flight over the fairway, landed with a good roll, and lay at the rim of the cup, slightly over two hundred yards away. The audience applauded. Latwell paid no attention. John Milgrane, who had been there before, was so bemused by his friend's unbelievable stroke that he himself sliced into the rough and almost fell down the hill when he left the tee. He was speechless. And he continued that way most of the time for the next two hours.

For R. H. Latwell was a born golfer. He made a miserable mess of most of his shots, to be sure, and he didn't keep score after the first two holes. But he was destined to be one of the sensational novices of the season.

That is the beginning of the end of the story of the cure of John Milgrane. He had taken Latwell out to make a golfer of him, and in the end Latwell turned around and made a pardonably fair player out of the contractor. There was no question thereafter about Milgrane playing enough. His cure was satisfactory—complete. He and Latwell began to rival Eric Sorenson as sportsmen. And one day the papers announced that R. H. Latwell, formerly of the Commercial National Bank, had bought the interest of the late T. J. McMurray in the contracting business of Milgrane and McMurray.

It was on that morning that Milgrane was called up on the telephone by President Bishop, of the Commercial National.

"See here, Milgrane," the banker boomed; "I thought you asked me to have R. H. Latwell relieved from his vice-presidency so that he would be forced to get out and get well after his operation."

"I did, Mr. Bishop," Milgrane said.

"But I see that he has gone in with you in your contracting business."

"That's correct. But it's not the main point. The main point, Bishop, is that he has learned to play so hard that he wouldn't be any use to your bank."

"Why not?"

"Mercy o' God, man, haven't you heard about his golf game? He couldn't keep banker's hours, even, unless you moved his desk out to Larchmont and set it under a tree near the tenth hole. I didn't take him in with me here because he's going to be any use to me. I took him in because he has a golf machine, and we've set it up in the loft of the warehouse and Latwell has promised to come down once a day and help me with my iron shots!"

The Human Dynamo Who Burned Himself Out!

I was admired for my driving force—envied for my wonderful success and brilliant future. Suddenly Nature presented her bill and said, "Pay Me!" I paid a terrific price for having defied Nature's laws.

By Ellis Waldren

I AM six feet two and a fraction. In college I had rowed in the crew, played full back, and won a couple of boxing championships. I was hard as nails and keenly alive with ruddy health. When I plunged into business I did it with all the snap and energy that bubbled within me. I wanted to succeed and I did climb fast. But I had to work like a horse to do it.

In fact, I realized that I had been working too hard and going too fast for several years, but I supposed—as did everyone else—that my wonderful health would stand it for many years.

When the factory made me General Manager for the eastern division I buckled down harder and longed for fifty hours to a day instead of the twenty-four. I was making ten thousand dollars a year—and the future certainly had a rose-colored look. I ate what and as much as I pleased; and lighted one cigar on the butt of another. I took cold baths—did a little walking—played some golf and let exercise go at that. I was big and husky and thought that I could stand any kind of punishment. I ignored Nature's repeated warnings that I was drawing on my health resources. I kept right on drawing. Life to me was one endless round of getting things done and enjoying the drive of business.

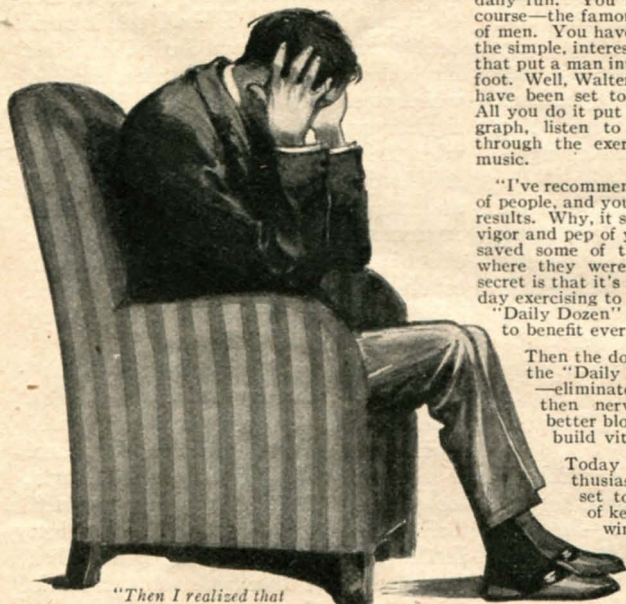
I Exhaust My Reserve Force

One day Nature presented her bill—and I went smash! Knocked cold.

I thought I'd be up and doing in a day or two, I called in Dr. Harold Little and told him to write out the necessary prescription, so that I could get my health back in a hurry. I wanted to feel fit again quickly. I wanted to go on with my success. I must get back to work in a few days at the longest.

Doc Little looked at me coldly for quite a while. Looked at me as though I was some kind of a strange bug. Then he said, "But one does not get health out of a bottle. You are just like most Americans—you think that you can drive yourself beyond the 'health first' limit—break Nature's law as often as you please, then get health by taking one-teaspoonful-of-something-in-water after each meal. *It can't be done.* There is but one way you can regain your health and that is through a long vacation. Back to Mother Nature and obey her commands.

"You could have avoided this break-down if you had set aside ten minutes each day to healthy fun. But you didn't and you'll pay the price now."



"Then I realized that my nerves and health were shattered."



"Under high pressure I would work far into the night."

"Healthy fun, doctor?" I asked. "Just what do you mean?"

If I Had Only Known

Then Doc Little told me that the average American burns himself up and dies at 45. That constipation, "hardening of the arteries" and nervous diseases are on the increase because Americans fail to realize that the vital force of life is in the body and not in the brain. He gave me some startling figures about the prevalence of disease—of the many serious troubles that take root and grow and finally exact their heavy toll of those who fail to give heed to their physical condition. It certainly set me to thinking.

"But what would you suggest, doctor?" I asked. "What is the way out for a busy man? Exercise?"

The doctor smiled. "You know you wouldn't stick to ordinary exercising more than two weeks at the most. But how would you like to exercise to music?"

"Exercise to music?" I echoed in surprise.

"Exactly. That's what people are doing nowadays. It's the new way—They call it ten minutes' daily fun. You have heard of Walter Camp, of course—the famous football coach and conditioner of men. You have heard too of his 'Daily Dozen' the simple, interesting system of bodily movements that put a man into tip-top condition from head to foot. Well, Walter Camp's 'Daily Dozen' exercises have been set to music, on phonograph records. All you do it put one of the records on the phonograph, listen to the directions and then swing through the exercises to the accompaniment of music.

"I've recommended this new method to a number of people, and you'd be surprised at the remarkable results. Why, it seems to have brought back all the vigor and pep of youth—and I honestly believe it's saved some of them from the grave, for that's where they were surely headed. Of course the secret is that it's really *fun* to put in ten minutes a day exercising to music. Then too, Walter Camp's 'Daily Dozen' exercises are scientifically planned to benefit every organ and muscle of the body."

Then the doctor went on to explain just how the "Daily Dozen" stimulate inactive bowels—eliminate staleness of the body—strengthen nerves, and internal organs—create better blood circulation—store up energy—build vitality and nerve force.

Today you couldn't find a more enthusiastic booster of the "Daily Dozen" set to music than myself. This idea of keeping fit to music is certainly a winner. I never felt so well in my life before—I never had so much energy—so much bubbling vitality.

I am back on the job again—

doing as much work as ever, driving away with all the punch I possess. But I am no longer sacrificing my health. I have quit burning myself out. I am not giving any insidious malady a chance to get a foothold in some vital organ of my body to cut me down some day and put me on the scrap heap.

Send For the Free Record

I don't know of any bigger and more valuable thing I could do for my best friend than to tell him this: send today for the sample record and chart of the Health Builder System. These are given absolutely free. The record contains two of the "Daily Dozen" exercises and the chart gives instructions and photographic illustrations of just how to do them.

Sending for the sample record and chart places, you under no obligation whatever. They are yours to keep and use forever without condition of any kind.

For your own sake, I urge you to mail the coupon now, while it is before you. See for yourself how much fun you get out of this new way of exercising to music. And see for yourself how much new pep and energy and vitality you acquire.

I am glad to have the opportunity of writing about my experience with the Health Builder System. I feel as if I would like to shout about it from the housetops, so that all might profit.

You haven't a thing to lose, and everything to gain by mailing the coupon right away for the free sample record and chart. Just enclose 25 cents in silver or stamps, to help cover the cost of postage, packing, etc. You will receive the record and chart at once and start on your way to new health, new strength, new energy, via ten minutes' daily fun. Slip the coupon and 25 cents into an envelope and address it to Health Builders, Dept. 23 Oyster Bay New York.

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Dept. 23, Oyster Bay, N. Y.

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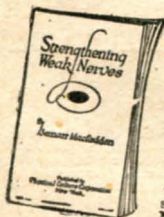
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This book may be purchased at any of the stores mentioned on page 138
For a complete list of physical culture books see page 145.

Love and Marriage 100 Years from Now

(Continued from page 27)

dead people now." I saw a look of dismay leap to his face at her words, and I was about to reprove Mary when he quavered, "I don't think I'd like that. I guess I'll stay here, sir. I'm doing very well, and I'm used to it."

"Mary," I exclaimed, "if you want to please me you'll refrain from making such remarks. They are lacking in tact and they are most unkind."

"The truth often is unpleasant," she answered in her calmly cheerful way. "How long are you going to remain here?"

"I shall suit my convenience to his," I replied.

"Oh," she ejaculated, putting her hand to her mouth to cover a yawn. "Well, I'm sleepy. I don't believe I had an hour's sleep last night."

"Go sleep then," I said ungraciously.

She smiled archly. "That is exactly what I would like to do, but I won't unless you promise to wake me when you're ready to go. Will you?" she asked.

I knew I might as well promise, so I did. She gave vent to a low laugh of triumph and walked toward the lake to find a comfortable place to lie down, knowing that I would keep my word. I watched her for a few moments and then turned to the old man.

"She's a very determined young woman," he said as I looked at him.

"Yes," I assented, "you may call her so and she would agree with you. I call her a foolishly obstinate one. She belongs to a little coterie of women who are trying to revive what was called the feminist movement that died over fifty years ago. But don't talk about her. You must have some arrangements to make before we start."

"Thank you," he said, "but I think I'll end my days here."

"You're thinking about what she said relative to cremation," I returned. "Don't let that disturb you. You have my promise to bury you beside your wife. More than that, I'll bring you back here any time you wish to come. You want to see how the world has changed, don't you?"

"Ye-es," he admitted, "I'd like to get back. You'll keep your word, will you?"

"I will indeed. I always keep my word," I assured him. "I'm sure you'll be interested in the changes that have taken place in the hundred and thirty years since you were born. It is a better world than it was then."

"Is there any war going on?" he demanded eagerly.

"No, indeed; we don't allow such folly," I answered. "There hasn't been such a monstrous crime as war since—Let me think! Why it was over a hundred years ago. Shall we go get your things?"

"Yes," he answered. "I'd like to see a

world in which there has been no war for a hundred years."

CHAPTER III

He led the way by a path through the woods; and I had an opportunity to study him as he went. He was about four inches shorter than I, and although his garments of skin fitted him clumsily, they did not hide the vigor of his movements. His beard and hair were long and snow white, but I had noticed that his blue eyes were clear and bright. If he were really as old as he said, and I never doubted him, he was a marvellous proof of our contention that life could be prolonged far beyond what had for so long been held to be its limit. I hoped there would be something among his effects that would establish the truth of his statements regarding his age.

At that time there were no very old men in the world, though many had reached the nineties retaining almost the vigor of youth, due to the increased knowledge of the laws of health. Now, at the date of this writing, I am eighty-three and may say that I am in my prime and at the period of my greatest usefulness. As yet no one has attained beyond the age of one hundred and sixty-five, but it is confidently hoped, yes expected, that the age limit will be extended to at least two hundred.

It will be understood then why at that date the experiences of a man who had attained his age would be of the utmost importance to our students of longevity. Hence my anxiety to take him home with me.

And perhaps here is as good a place as any to tell the story of how he happened to have been in this lonely spot all the long years. He recounted it to me that morning, evidently glad to talk of that or anything, after the many years of lack of human society. I shall tell it more briefly than he did, and I shall leave out his archaic words and phrases, some of which were very odd indeed. He would say, for example, that he didn't "tumble" when he meant that he didn't understand, or that he "got" me when he did understand. And he used many other expressions even odder, which students of our language afterward told me were in common use in his time, and which helped to establish the truth of his story so far as dates were concerned.

His name was William Harris. He had been a soldier in the great war which had been waged by the civilized world against the then barbarian Germans. It seems that nothing had been thought too good for the soldiers when they left their homes to stake their lives against death on the field of battle, but that thousands and hundreds of thousands

(Continued on page 78)

From \$600 to \$9000 a year

The Remarkable Story of W. J. McCrary and How He Increased His Income from \$2.00 a Day to \$800 a Month

These are the plain, cold facts about a man who, after twenty-two years of hard work, suddenly learned the secret of success; a man who jumped from debt and poverty to happiness and prosperity.

A few years ago W. J. McCrary was doing clerical work for an insurance organization in a small town in Georgia. His income was \$2.00 a day. He was trying to buy some property and was several thousand dollars in debt. With these obligations, and with the pitifully small income, there didn't seem to be much chance to make ends meet.

And yet, today, McCrary is a successful business man. He has plenty of money for all the things he may need or want. In one month he made \$865.80 clear profit.

I am going to tell you exactly how McCrary became successful and how you, too, can do as he did and secure the same success for yourself.

Remember that McCrary was living on an income of \$2.00 a day. He had no surplus cash, he was in the same fix as, or even in a worse position than, nine out of ten other men. He had to do without almost everything that he wanted.

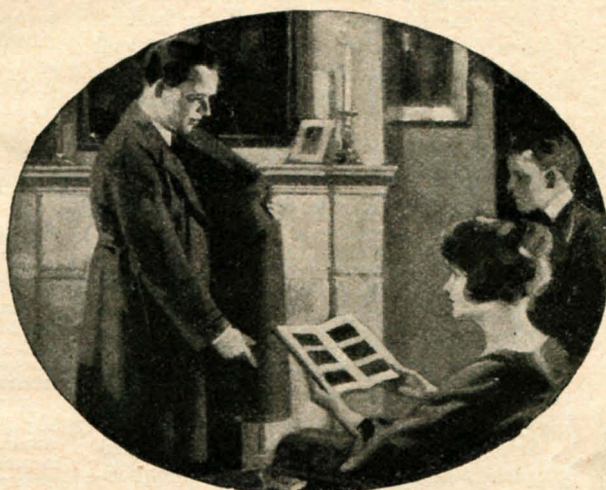
Today, he is out of debt; he is the owner of seven houses, an automobile; he can travel when and where he pleases; he sets his own hours; he is his own boss; his business is growing bigger and bigger from month to month and his income is about \$9000 a year.

One day when things were at their worst McCrary read an advertisement which said that a man could make \$50.00 to \$200.00 a week in easy, pleasant employment. He could hardly believe it but, without much hope, he answered the advertisement.

He knew that he couldn't lose any-

thing and that there was just a bare chance of gaining a great deal.

In a few days he received his reply; and with it a book, a little 8-page booklet, that told him how to make money. There wasn't any-



thing complicated or hard about it. It showed him how he could start right out without any training and without any previous experience and start making money immediately.

He started to work one Saturday noon and before dark had made \$4.50. It wasn't much, but that first \$4.50 proved to McCrary that he was no longer a two-dollar-a-day man, that after twenty-two years of privation, his opportunity had come.

In a few weeks he was making from \$50.00 to \$75.00 a week. Steadily that income has grown until, today there is hardly a month that he makes less than \$500.00.

How He Did It

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that McCrary had; you can do just as he did and you can own just as much as he does. It is not necessary for you to be a salesman; it is not necessary for you to know anything about clothing. The Comer Manufacturing Company is a big, substantial, well established manufacturer of fine raincoats. Instead of selling their coats through stores as other manufacturers do, they appoint local representatives who act as their dealers.

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If you are interested in increasing your income from \$100 to \$1000 a month and can devote all of your time, or only an hour or so a day, to this same proposition in your territory, write to The Comer Manufacturing Company of Dayton, Ohio. Simply sign the attached coupon and they will send you, free of charge and without any obligation, complete details of their remarkable offer.

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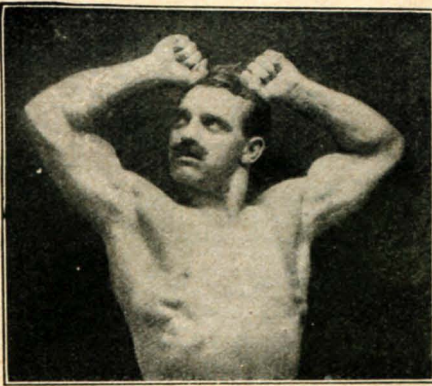
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That is my business—my profession. I make no other claims. But what I promise, I fulfill. I have a system of physical training to offer you, a system which took me many years to perfect. A system which I first tested on my own body and then submitted to the leading authorities for investigation. It stood the acid test and was not only endorsed by them, but recommended throughout this entire country as the safest and surest means for acquiring perfect physical development.

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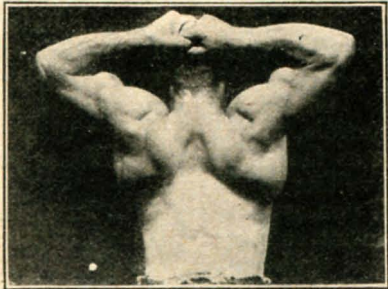
My claims have always been conservative. As a result my pupils have always received more than I promised them, which has meant a multitude of friends and an ever increasing patronage. My system will actually increase your biceps one full inch in 30 days if you will faithfully follow my instructions. And what is more your chest measurement will increase at least two full inches in the same length of time. But this is merely the start. Your whole body will continue to steadily improve in development. I will broaden your shoulders and put a massive armor of muscle over your stomach and up your back. I will strengthen your neck and build up every sinew throughout your entire body.

SUCCESS

All these things mean the proper functioning of your vital organs. The throwing off of waste and the toning up of your heart action and lungs. It means increased health by the feeding of your brain and nerves with life giving blood. It means a clear, alert brain for quick thinking. It means that your whole being will be brimming over with pep and ambition. All these things bring success and happiness.

WHY HESITATE?

I do not ask for your money. I do not ask you to take my word for one thing. I merely ask the opportunity of showing you this path to health, strength and prosperity. If I could meet you face to face I could show you records that would amaze you. Some day I hope this will be possible. Meanwhile let me hear from you.



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(Continued from page 76)

had returned from final victory to meet with neglect and poverty. Many of them could find no work to do, and to use his quaint phrase, "were up against it"; meaning that they were in danger of starvation.

William, finding that the little money he had saved was in danger of melting away to nothing, and being of an enterprising nature, determined with the concurrence of his wife, to invest some of it in a farm in the then wild western country.

This he did; and purchased a big, covered wagon and two horses, a milch cow, chickens and ducks, and such implements as he would immediately need, he set out with his wife and two little girls to take possession of his farm.

It was a slow way of traveling and had not been much used for generations, but he could not afford the easier way of going by the railway and therefore had adopted it. As it turned out, it was the best thing he could have done, for the open air life gave them all the best of health and spirits. Everything went well with them until they reached the neighborhood of the valley I found him in: then a terrific storm came up, and in fleeing before it they drove into a gorge that seemed to afford shelter.

They penetrated to some distance and then waited under a mass of jutting rocks for the storm to pass. He had never experienced such thunder and lightning. He said it reminded him of the worst battle-field he had ever seen. However morning dawned bright, sunny and beautiful, and they started to return to the open to go on their way, only to discover in a short time that the passage was completely blocked by a mass of rocks probably dislodged by a stroke of lightning.

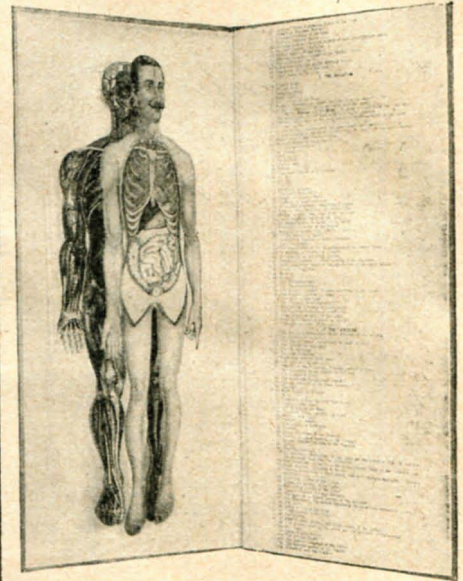
Disconcerted but not daunted by the impassable barrier, they turned and explored the valley beyond for another way out. Unable to find one by a diligent search that lasted over many days, William at last accepted the situation as inevitable and set about erecting a shelter and putting some of the fertile land under cultivation, taking it for granted that since he couldn't get out no one else could get in to disturb him by a claim of ownership.

The place was so beautiful with its lake, its fertile meadow land and its noble forest that they were all content to remain there and make an end of their journey. The thought that they were prisoners there irked William, but as his wife and children were happy he went on with his building and farming operations and soon had made a home that for many years was an ideal one.

If this were a story of their joys and their sorrows, their trials and triumphs it would make perhaps a more interesting tale, but since my purpose is something different, I must leave to another time or another person the telling of that story.

(Continued on page 80)

Know Your Body Inside and Out



Until recently it was practically impossible to purchase a good anatomy of the human body that was not so involved in technicalities as to be almost useless to the layman. Every day we receive letters asking personal questions of a nature that proves there is a large demand for just such a source of information.

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Thousands of volts of stimulating, up-building, high frequency electricity—as painless and pleasant as a ray of sunshine—can be sprayed into any weak, diseased or under-developed part of your body. Instantly you will feel its healing, strengthening, tonic effect. You will feel the warm, fresh blood surge to the treated part, bringing with it the tissue-building and disease-fighting forces that Nature provides. Poisons and diseased tissues will be washed away, pains and inflammations relieved and the part treated will be nourished and strengthened. It literally helps Nature *build new bodies*.

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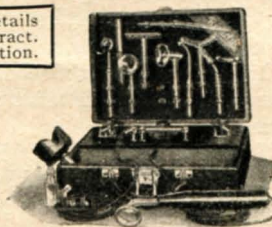
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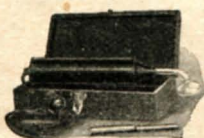
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By Methods Not Built In A Day

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(Continued from page 78)

Suffice it to say that I found in the amazingly comfortable little house, records in the shape of newspapers and magazines of the year 1922 that fully substantiated much of William's claims if there had been any reason to doubt them. But in addition to these were a family Bible containing the date of his birth, and the dates of the births and deaths of his wife and children. These and other treasures of this unique experience are to be seen in the historical section of the Health Department at Washington.

At any rate it was firmly established that William Harris was one hundred and thirty years old. That he was hale and hearty was plainly visible to the most casual observer.

Returning to my story now, I will say that I was very much elated by my discovery of William, though at the same time worried by the persistent thought that Mary was sleeping peacefully by the lake, secure in my promise to wake her before I left, which was equivalent to a promise to let her accompany me.

If I had only known old William better, I need not have concerned myself about Mary. It must be understood that our conversation had taken place while we were seated on his front porch, time slipping away unconsciously, but our relations becoming more and more friendly all the while as we talked.

I had told him how it had happened that I had alighted there in my effort to escape from Mary; and I had sighed ruefully as I said, "I hope you won't mind going with me while I make at least a brief search for the clay that I believe is somewhere in these mountains. If only Mary were not here, too!"

"You really dislike her, don't you?" he said.

"No, I don't dislike her," I answered. "I like her as a friend, but I don't love her. And with her everlasting wooing she annoys and distracts me so that I can't stand having her with me. I wish I hadn't promised her to wake her before I left."

"See here, Oliver," he said as I sat there brooding over Mary's presence, "I want to ask you a plain question."

"Yes?" I queried.

"Have you betrayed that girl?" he asked, eyeing me keenly.

"Betrayed her!" I cried in wonder. "How could I betray her? We have had no transactions together excepting this unfortunate love affair; and that is all on her side. She is a mathematician and I am a chemist. In what way could I betray her?"

"I don't mean that," he persisted, never taking his sharp, old eyes off me. "I mean in plain words, have you seduced her?"

"Certainly not," I answered indignantly. "I tried to come away from home without her knowledge. I didn't

want her. She followed me of her own accord. Seduce her, indeed!"

"You don't seem to understand my question," he said. "I hope you are not trying to evade me. I will try to put it more plainly. In my day if a young man and a young woman became too intimate so that she had reason to fear she was going to be a mother, it was considered the right thing for the man to marry her. Has there been anything like that between you two? I can't imagine a girl begging a man to marry her otherwise."

"Oh," I cried, suddenly enlightened: "now I know what you mean. You are asking if we have had the relations of husband and wife without being married."

"That's it exactly," he agreed.

"No, certainly not," I denied. "I had quite forgotten the strange views held in your day. But it is all quite different now. Now motherhood is respected if not actually revered."

"Why it was in my time," he exclaimed indignantly. "Motherhood was considered the most beautiful and sacred of earthly things."

"I may be wrong," I admitted, "but as I understand it, in your time you said many noble and beautiful things about motherhood, but in practice you made it always shameful and sometimes sinful."

"Oh," he cried in a shocked tone, "you are dreadfully wrong. I don't know how you could have gained such a terrible notion."

"I'm glad I am wrong," I said. "It is believed by our students of the subject that in your day it was all right enough to speak of a baby after it was born, but that it was highly improper to mention the subject in advance of birth; that lies were told children on the matter of where babies came from because it was held to be indecent to tell them the truth; that pregnant women usually hid themselves from view because of the shame of being seen in that condition; that while motherhood in marriage was held to be honorable enough, motherhood out of wedlock was considered the most shameful and disgraceful thing imaginable. In other words that although you made pretty phrases about motherhood, it was really only marriage that you held in honor. I rejoice that I am wrong. It is one of the things you can help set our students of your times right on."

William who had listened closely to my words, stared at me in silence for a while; then cried out, "Well, it would seem that you are under no moral obligation to marry Mary. That's what I wanted to know. Had it occurred to you, Oliver, that you might keep your word to Mary and yet leave her behind?"

"No, it hadn't," I answered. "How can it be done?"

William smiled in a shrewd way peculiar to him as he said, "She couldn't follow you if she didn't have fuel, could she?"

(Continued on page 82)

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are sold to the laity because, unlike many other agencies of the healing art they cannot harm the patient. They are so simple to use, so understandable, that the use of tens of thousands of them has proved safe in the hands of the public—and their success has been such as to gain the heartiest commendation from men of highest prominence in health circles.



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(Continued from page 80)

"But she has fuel—plenty of it probably," I returned. "No doubt she has a month's supply, as I have."

"It could be removed, couldn't it?" he asked.

"Upon my word!" I exclaimed, "I never thought of that. Let's hurry back. We can return here for anything you need, later. She seems to be asleep. I shall always be your debtor for this suggestion, William, if we can only accomplish it."

We can get away with it if we hurry," he said in his odd way. "If she had been awake we would have heard her." He was referring to her deep, contralto voice which she was never at any pains to moderate.

CHAPTER IV

Mary was still sleeping peacefully when we reached the planes, as I could see. I hastily emptied her tank and removed her store of cubes of compressed fuel to my plane. Then I had William take his place in the spare seat in my plane, and, very much elated, I went to wake Mary. I shook her.

"I promised to let you know before I left," I said to her. "I am keeping my promise."

With that I turned and ran quickly back. I was in my plane by the time she came up to me. "Good bye!" I cried, "I'll be back soon."

She laughed. "You don't suppose I mean to lose you, do you Ollie?" she demanded. "No dear, I shall be right with you."

"I don't think you will, Mary," I responded as my plane began to rise. "Don't be worried, though; I'll return before long."

When I looked down a few seconds later, I could see her moving about agitatedly, and I knew she had discovered the trick I had played on her. I could imagine how angry she would be; and I knew she would exercise all her ingenuity to find some way of following me. Moreover, although I could see no way by which she could accomplish it, I had such a respect for her resources that I could not be sure she would not yet be after me.

I adjusted the apparatus for conversation on William and myself so that we might talk comfortably, and said to him that I was never sure of what Mary could do and that I must hasten to get to the field of my search for the clay I was so anxious to find.

I am always being amazed by the relation of small things to great ones. I had told him this for no better reason than to talk to him; and I am sure that he answered in the same spirit. Indeed he told me afterward that as it was his first flight in a plane he was glad to talk to keep himself from thinking too much of being in the air.

"There is some clay in this valley," he

(Continued on page 84)

Throw away your physics!

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CALIFORNIA FIG-NUTS AGAR is the perfect corrective. It is first, last and always a FOOD—and can in no way be classed as a drug or medicine.

It is composed of the most vital, health-giving products of Nature—figs, nuts, whole wheat and agar-agar.

The figs, nuts and whole wheat contain all the blood-producing,

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The addition of agar-agar supplies to CALIFORNIA FIG-NUTS AGAR that element which makes them an efficient corrective.

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Agar-agar is a marine algae—sea gelatine—tasteless, colorless—and in no sense a habit-forming drug. It is non-irritant.

While passing through the stomach and bowels it will absorb twenty times its weight and five times its bulk in water drawn from the fluids of the stomach. While passing through the entire intestinal tract in the form of semi-solid gelatinous granules, it gives great aid to sluggish muscles, lubricates the walls of the intestines, increases the peristaltic action and carries the moisture to the lower bowel, thereby softening the stool and

furnishing a very easy, thorough cleansing.

Unlike purgatives, cathartics or other artificial means. They have no tendency to weaken or irritate and the results are soothing and permanent.

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Correct your constipation from the kitchen cabinet, not the medicine chest.

Go to your medicine cabinet and dump all those physics, laxatives, cathartics, oils, mineral waters, etc., into the ash can.

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They are violent and harmful, giving only temporary relief.

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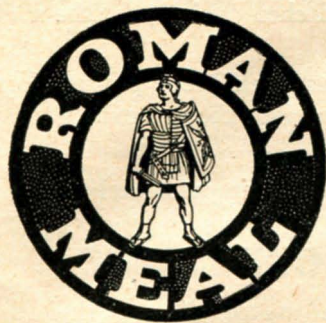
Have obtained extraordinary results in a case of long standing constipation and other chronic ailments. Mrs. W. H. S.
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For years my wife has been a constant user of some sort of pills. When the Fig-Nuts Agar arrived I had her take the first portion at 3 o'clock P. M. When bed time came she wanted to take her pill as usual and I forbid and she has not needed a pill since.

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(Continued from page 82)

said. "I tried to use it for making bricks, but it was useless."

Now, it so happened that one of the characteristics of the clay I was seeking was that it could not be used for making bricks. "Where is it?" I demanded in excitement.

"At the other end of the valley," he responded. "At the western end. I've lost my bearings, but you'll know it by a great waterfall not far from the spot."

"How far is it from where Mary is?" I asked him.

"Ten miles," he answered; and as he spoke my eyes fell on the waterfall he had spoken of.

I had meant to put many more miles than that between me and that enterprising and persistent young woman, but I could not resist the desire to look at the clay he had referred to, knowing as I did that it might be found anywhere in this geological formation. I pointed to the waterfall. "Is that the fall you mean?" I asked him.

"Yes," he returned. "The clay is about half a mile to the south of it. The water from the fall feeds the lake."

I love beauty in nature, but the possibility of finding here the clay I sought and the discovery of which in quantities meant so much to the world, put every other consideration out of my mind. I even forgot or at any rate ignored Mary.

I steered the plane to a point about half a mile south of the big fall, and then checked it and let it drop slowly to a patch of grassy land I saw. And even before I reached the earth I saw the blue patch at the base of the cliff. My trained eye saw at once that the clay was of the right shade and that moreover there was an enormous stratum of it. I need not try to describe my excitement.

The moment the plane reached the earth I disengaged myself and leaped out and made my way to the cliff, William following me more slowly. I dug a handful out of the clay bank and examined it for indications of iron; and within five minutes I knew that it was the clay I sought. I knew then that my name would be carried down through the ages in connection not alone with the new metal iron, but with the malleable glass which was to be named Rondale glass in my honor.

For a few minutes I stood transfixed, staring at the precious clay and dreaming of the fame that would be mine. Then suddenly I dropped the clay and, turning to William, took his two hands in mine and dragged him around in a wild dance of jubilation, greatly to his amusement and breathlessness.

The good, old man entered heartily enough into my joy without fully appreciating the occasion for it, but he was well enough pleased when I released him.

I loaded a quantity of the clay into a receptacle I had brought for that purpose, and then was eager to be off. The thought of Mary gave me no concern now.

\$3 Now Buys the Complete VICTOR Body Developer and Chest Expander Two Separate Outfits at the Price of ONE

With these two perfect exercisers you can build up every muscle of your body in a remarkably short time, and increase chest expansion from two to three inches. The strength of each exercise can be regulated as you progress. Can be used by every member of the family.

FREE Scientific Course of Instruction

With each outfit I will include my scientific course of instruction showing you how to exercise every part of your body including lung and chest expansion.

This system is endorsed by the world's strongest men as being the most perfect method of body building. Take advantage of this liberal offer today, before the low price is withdrawn.



Only the finest steel piano wire springs are used in the construction of these exercisers. Wall exerciser, chest expander and chest expansion exerciser—all for \$3. Worth \$10.00.

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HERE'S A REAL BUSINESS!
WORK AT HOME
PAINT PICTURES AT HOME, WE PAY cash, teach you in 10 lessons, furnish outfit and material. Free booklet. No experience necessary. Start local art business, \$5,000 yearly. Tangley Studios, 157 Main, Muscatine, Iowa.

May 1st to 8th PHYSICAL CULTURE WEEK

It has been proposed to hold a National Physical Culture week, May 1st to 8th, 1922.

The purpose of this week is to focus the attention of people everywhere on Physical Culture.

You, who have been interested in this work will have an opportunity to

TELL A FRIEND ABOUT PHYSICAL CULTURE

Newsstands and stores throughout the country during the week of May 1st to 8th will make special displays of Physical Culture magazines, books and pamphlets. Every one will be boosting our publications.

You can help someone by making him feel how interesting Physical Culture really is. Knowing about it will lead to a healthier and happier life.

We are open to any suggestions or ideas you may have on how we can get the best and biggest results during Physical Culture Week, May 1st to 8th.

It would be highly appreciated by Bernarr Macfadden and his associates if you would write a letter telling us what you think we can do in your city or throughout the country to make Physical Culture Week a real success.

Drop a line to Edwin E. Zoty, Sales Manager, Physical Culture Corporation, 119 West 40th Street, New York, N. Y.

Prunola
AN IDEAL FOOD
SUNDRIED CALIFORNIA OLIVES AND PRUNES

"PRUNOLA" is an ideal combination of two of California's most wholesome fruits, retaining their full nutritive values. It is an excellent blood and tissue builder, rich in natural fruit sugar, olive oil, basic mineral elements and vitamins. It is a natural laxative food.

\$1.00 SPECIAL OFFER
We want you to know how good and healthful Carqué's unsulphured fruits are and as a special trial offer we will send you postpaid the following assortment, all for \$1.00.

½ lb. pkg. Prunola	
6 oz. " Black Mission Figs	
7 " " Smyrna Type	
2 " " Fruit Laxative	
2 " " Nut Fruto	

Send Your Order Today
We are pioneers in the production of Unsulphured Dehydrated California Fruits, nuts, nut-butters, olives, olive oil, natural whole rice, genuine whole grain flours, etc. Ask for price-list and descriptive booklet "Natural Food of California."

CARQUÉ PURE FOOD CO.
2619 W. 7th St., Los Angeles, Cal.

It made no difference whether she was angrily waiting for me, or if she had found some way of taking up her pursuit. I suggested to William that we go back and return her fuel to her.

He smiled. "If I know that young woman," he said, "she will have something vigorous to say to you when she sees you again. But before we leave here don't you want to have a closer look at the fall? It is worth looking at."

I am sorry to say that my mind was too full of my wonderful find to permit me to take pleasure in mere beauty, but it did occur to me that the fall might be utilized as power in the process of separating the oron from the clay, so I bade him lead the way, little dreaming what the result was to be.

The path through the woods was a blind one, but William made his way without difficulty. In fact the increasing noise from the roar of the falling water made the direction easy.

Conversation was impossible without shouting, and I willingly fell behind several yards, my own glad thoughts being occupation enough for me. William went steadily on. I saw him part the bushes fringing the open space where the fall thundered into its basin. I saw him stand as though transfixed for the period of half a minute, perhaps, then turn and run towards me, his eyes distended.

"Stop! stop!" he cried, throwing himself at me. "Turn back! turn back!"

The next installment of "Love and Marriage 100 Years from Now" will appear in **PHYSICAL CULTURE** for April.

Physical Culture Week May 1st to 8th

THE world needs not so much to be informed as to be reminded. People are prone to forget and neglect the things that they should do. It is therefore fitting that at least one week in a year should be set aside as a time for stimulating interest both in national physical fitness and in individual effort in that direction.

Let us, each one of us, inquire into our own daily habits and conditions of life to see wherein they may be improved so as to make us more efficient, more vigorous, more capable and more happy.

And let us, each one, make it a point to interest some other person or persons in raising the standard of life to the plane reflected in the teachings of this magazine.

If each reader of this magazine will undertake to make at least one convert to these principles, and if these results can be repeated once each year, in a very few years we will have a solid physical culture nation.

Here's the happy way to rid yourself of **CONSTIPATION** permanently!



Kellogg's BRAN GRIDDLE CAKES:

- 1 Cup Kellogg's Bran
- 1 Cup flour
- 1 Tablespoon sugar
- 1 Teaspoon baking powder
- 1 Egg
- ½ Tablespoon butter or butter substitute
- ½ teaspoon salt
- 1 Cup milk
- Mix dry ingredients, add egg slightly beaten and milk and butter. Beat thoroughly and bake on a hot griddle. Serve with butter and syrup. This will make 20 cakes.

Bran is the most wonderful health food known! Nine-tenths of human ills would be eliminated if all the people would eat bran regularly, because bran corrects constipation naturally!

Bran in deliciously palatable form—Kellogg's Bran, cooked and krumbled—will give permanent relief from constipation if eaten regularly each day. We guarantee that results will prove astounding if at least two tablespoonfuls are eaten daily; in chronic cases, eat it with every meal.

Kellogg's Bran is not a cathartic—it is nature's food that will not only delight your palate but safeguard your health! Start the children eating Kellogg's Bran. It builds strong bodies! Serve bran to your family as a cereal or on other cereals! Use it generously making muffins, macaroons, raisin bread or in a hundred appetizing ways! Kellogg's Bran pancakes are the best you ever ate!

The consistent use of Kellogg's Bran will clear up a pimply skin and purify the blood. Kellogg's Bran, eaten regularly, prevents a bad breath from the stomach and intestines. Kellogg's Bran, cooked and krumbled, is sold by all grocers.

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The kind of health that needs no
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Constipation, Fatigue, Nervous Diseases

OVERCOME BY COMPLETE NATURAL FOODS

Every element necessary for health is contained in foods provided by Nature. Among the most important are the 15 VITAMINE SALTS found in fruits and vegetables. Modern methods of preparing foods remove much of the VITAMINES. The result is Constipation, Fatigue and Nervous trouble caused by lack of complete Natural Food. Quick relief is obtained by restoring the VITAMINES in proper proportion by using

CHRISTIAN'S RED FOOD SALT

THE MISSING LINK TO HEALTH

Nature's unused Food for Nerves, Blood, Life and Action. READ WHAT USERS SAY. (Names and addresses on request.) "Refreshing and eased my prostate gland and bladder in this little time." "Used 2 weeks, feel 15 years younger." "Doing me a lot of good in a case of catarrh." "Relieved us of constipation." "My mother's high blood pressure disappeared." Doctor says, "Seems to put pep into a fellow." Prices, delivered, 10 ounces \$1.00; 24 ounces \$2.00; 10 pounds (size for Hospitals or Institutions), \$9.00.

We Guarantee Quick Benefit or Money Refunded. Valuable Health Literature and Instructions FREE
VEGETARIAN FOOD CO., 1276 Ferguson Ave., ST. LOUIS, MO.

Feed Your System Don't Drug It—

Every disease that afflicts the human race is due to the lack of some of the necessary elements of life. Your body is a chemical composition of 14 elements (iron, calcium, phosphorus, chloride, sulphur, potassium, etc.), and if one of these important elements is lacking or not present in sufficient quantities, disease sets in.

As soon as the supply of Mineral Salts is depleted you first notice minor physical ailments which if neglected will lead to serious diseases.

These necessary and most important Mineral Salts can only be supplied by food, never by drugs. Our daily diet has been deprived of these vitamins because one part of the best elements is lost during cooking, while another part is lost in the milling process.

In many cases one Mineral Salt Treatment will remove any intestinal auto-intoxication—We have thousands of patients in every part of the world who can testify to the truth of this statement. If you have tried everything else without results, write to us and let us explain to you our

Mineral Salt Treatment for all ordinary and diseases. This treatment consists of Vegetable Compound, Vegetable Bouillon, Yoghurt and the Neo Diet.

For many years we have been successfully treating the underlying causes of all ailments and diseases, therefore have produced satisfactory and almost magical permanent relief.

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Marriage and Its Advantages. Age at Which to Marry. Law of Choice. Love Analyzed. Qualities One Should Avoid in Choosing. Anatomy and Physiology of Reproduction. Amateness, Its Use and Abuse. Continence. Children. Genius. Conception. Physiology of Interuterine Growth. Pregnancy, Its Signs and Duration. Confinement. TWILIGHT SLEEP. Nursing. Diseases Peculiar to The Male and Female. Sterility and Impotence. Subjects on which more might be said. How a Happy Married Life Is Secured.

Descriptive circular giving full and complete table of contents mailed FREE.
J. S. OGILVIE PUBLISHING CO.
576 Rose Street New York City

Help Us Edit this Magazine Monthly Prizes for Constructive Criticism

BY way of improving PHYSICAL CULTURE, we want every one of our readers to join our editorial staff. With a view to making this invitation more interesting, we are offering prizes totalling \$25.00 each month for the next six months.

We want constructive criticism of this issue of PHYSICAL CULTURE. We wish to know just what you think of the various features which we publish, what you consider the best contributions, and what you consider the worst. Tell us honestly what you think of our serial stories. Tell us what you think of our illustrations, art work, and make-up.

We therefore ask you to write us and give your opinions and criticisms:

First: Tell us the contributions you like the best, and state your reasons.

Second: Tell us the contributions you do not like, and state your reasons.

Third: Tell us how you think the magazine could be improved.

Fourth: If you find errors, typographical, grammatical or otherwise, in our text or advertising columns, tell us.

Fifth: Finally, give the contributions in this number or the number you are criticizing, a definite percentage rating, so that we may learn the relative value of the material we are offering. We especially desire a rating based upon the interest-holding character of our contributions. Are they readable? There should not be a tedious page in our magazine. Be absolutely honest.

Sixth: Give your age, sex, and occupation. You may, if you wish, instruct us to withhold your name from publication.

How to Rate Contributions

Instead of saying that an article is poor, bad, fair, good, and so forth, give it a percentage rating based on the following table:

Poor is rated under 79%

Fair is rated at 80-89%

Good is rated at 90-93%

Very good is rated at 94-96%

Superlatively good is rated at 97-100%.

In presenting your summary of the best and poorest contributions, place them in their order of merit, the best article first, with its rating, the next best second, and so on. To save space you may indicate each article by the page number on which it appears, the interest percentage to follow immediately after. For example, if you were to rate four articles, it might be as follows:

Page 61—98%; 78—97%; 43—95%; 15—90%.

According to this plan, therefore, the contribution on page 61 would be superlatively good in your opinion, that on page 78 in the same class, but of slightly less merit. That on page 43 would be very good, and that on page 15 good.

Twenty-five dollars in prizes will be awarded each month for six months, commencing with the March number, and the prizes will be divided as follows:

\$20.00 for the best letter.

\$5.00 for the second best letter.

For other letters found worthy of publication we will pay \$2.00 each.

Letters should be limited to five hundred words in length. Your letter of criticism on this number should be mailed before March 31st.



Looks like "somebody" is going to have more or less of a milk diet. Also, it looks as though "somebody" has been having it, plus whole wheat bread and fresh air "n" everything.

Determining the Sex of Your Child

(Continued from page 40)

Every parent thinks his baby the most wonderful of all, and the parents of this baby may be pardoned for believing that he is booked for great things.

But now let us get down to the point of our story. What was the method that was so successfully tried in this instance and which was demonstrated to be dependable to such a remarkable extent in Germany during the war?

The German scientist who published the facts in reference to the method under discussion stated he had opportunities to tabulate exactly the time when the soldier husbands would return home on furlough during the war. Families in which he was interested there gave him every possible opportunity to test the value of this theory.

An exact record of the menstrual periods was kept. And herein lies the secret of sex determination. The length of time from the period of conception to the time of menstruation, determines the sex of the child. He found that if conception occurred in from one to five days after menstruation, the child was almost sure to be a girl; and the longer the period that elapsed between menstruation and conception, the stronger the tendency of the child to be a boy.

In other words, if conception took place say the second week after menstruation, the child was likely to be a boy; and if in the third week, it was still more likely to be a boy, and if in the fourth week, it was almost sure to be a boy.

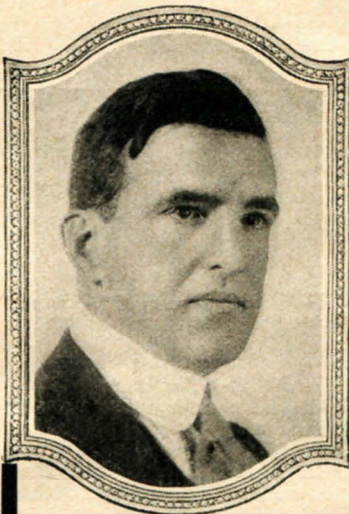
Parents can easily test this plan. I would be glad to hear from those who have already tested it, with a view to learning whether it is dependable in all cases.

If we can prove its accuracy in a few thousand cases, we can easily maintain that the riddle of sex determination has finally been solved.

In this instance, we deliberately planned, in accordance with the above described method, to make the sex of our child a boy.

We were successful in this instance. It is possible, of course, that the result was accidental. It is difficult to believe, however, that it could have been accidental in the three or four hundred cases referred to by the German scientist in his experiment.

Don't miss the comprehensive presentation of this subject of the pre-determination of sex, giving the latest scientific and most authoritative data on the subject, in **PHYSICAL CULTURE** next month. It is being prepared by a scientist who has devoted years of research and investigation to the study of the subject, which has recently been much discussed in the press.



Alfred W. McCann Praises Wheatsworth

The famous pure food expert of the New York Globe, in a recent article in "Physical Culture" says: "In the matter of whole wheat crackers I know of but one product genuinely labelled—the Wheatsworth Whole Wheat Cracker. Nothing else that I have ever come across compares with it in texture or flavor . . ."

These delicious whole wheat crackers build health and strength, bone and muscle, and keep the digestive organs in perfect working order. We will supply Wheatsworth

**Fresh From Our Ovens
Direct To You!**

**Send Coupon
For FREE
Sample Today**

A generous sample package mailed anywhere in U. S. or Canada on receipt of this Coupon together with 4 cents in stamps to cover postage.

F. H. BENNETT BISCUIT CO.
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Makers of Wheatsworth
Whole Wheat Flour

Wheatsworth

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FREE SAMPLE

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I enclose 4 cents in stamps to pay for postage on Free Sample of Wheatsworth Whole Wheat Crackers to be sent to me promptly at the address here given.

Name.....

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FRESH Bran Will Give You Better Health

Do you suffer from distress after eating, belching, heart fluttering, sour stomach, nervousness, sleeplessness, headaches, gastritis or any other ailment of the stomach? All these are caused by faulty elimination. If you suffer from any of these ailments don't neglect your condition. What may seem a trifling ailment today may in a short time be a vitally serious condition. Fresh bran will bring you prompt relief from any condition due to faulty elimination, but be sure the bran is fresh. Nature endows her wheat products with a flavor and strength that time deteriorates after separation from the soil. Stale bran cannot possess the full strength and power that fresh bran does. Order your bran direct from the mills so you can be positive it is fresh. We make it our business to ship bran direct from our mill to your table. In this way you can be certain it possesses full strength and a large measure of nature's wonderful flavor.

"SHIPTFRESH" bran is sold only in this way—direct from the mill to your table. It is never sold in stores. So far as we know there is no other way in which you can be sure of getting fresh bran direct from the mill. Try "SHIPTFRESH" bran once. You will be a steady user. The immediate benefits and the fine flavor of "SHIPTFRESH" bran will amaze and delight you. You get a big, fresh, clean, sanitary bag (2½ lbs.) direct from the mill to your own table for One Dollar, postage prepaid. Send now so you won't forget it.

Johnson Flour Mills, P. O. Box 101, Milwaukee, Wis.

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A PERFECT FOOD

Made from Nuts, Cereals and Vegetable Products in 6 different meat flavors. Contains 50% more nutrition than Meat. Can be used in any way meat is used. Trial 1 lb. can prepaid, 60c with recipe book.

"It Tastes Good"

Whole Wheat Bread, Brown Rice, White Clover Honey.

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If it is advertised in **PHYSICAL CULTURE**, it is so.

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By BERNARR MACFADDEN

Probably the most complete and comprehensive book upon the science of diet ever written. Order your copy today. Price only \$2.00. Money back if not satisfactory. Clip this ad. See page 106.

PHYSICAL CULTURE CORPORATION
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VEJ-MEAT

A VEGETABLE MEAT

At Last! a delicious and a perfect substitute for meat that fills the bill in every respect. Made from sun-kissed nuts, cereals and vegetable products, it looks and tastes just like meat. 50% more nutritious than meat, nourishing, wholesome and appetizing. Endorsed by Doctors and Dietitians as a perfect food. Send 60c for a one pound can or \$5.40 for a dozen delivered. If not thoroughly satisfactory your money will be refunded. Four flavors—Plain, Chili, Chicken and Bologna. 1 lb. can sufficient for 8 portions.

VEJ-MEAT CO., Box PC, 227 N. Manassas St., Memphis, Tenn.

Eat Your Way To Health

Reliable authorities tell us that Constipation is the primary cause of 97% of all diseases.

Quit Drugs and Dope. Try Nature's Way
Eat with your regular meal a little of

TYLER'S MACERATED WHEAT

A food that puts organic iron and other mineral salts in the blood, so essential in maintaining the chemical equation of the body—key to health and efficiency.

A GUARANTEED CURE FOR CONSTIPATION

Lowers high blood pressure. Highly beneficial to rheumatics. Many thousands of readers of Physical Culture have been users of TYLER'S MACERATED WHEAT for the past 23 years. Write for proof, enclosing 10c for Health Book, or send \$1.50 (money or check) for 3-lb. trial can of TYLER'S MACERATED WHEAT, post-paid everywhere. Money refunded if not benefited. BYRON TYLER (Est. 1899) 78 Gibraltar Bldg. Kansas City, Mo.

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IT SUPPORTS & BINDS
THE FRONT ARCH

Instantly Relieves Metatarsal Arch Affections

Morton Toe, cramping of toes, enlarged little toe joints, sole calluses and spreading of toes. Worn in the shoe, under or over stocking. Any other foot troubles? Write for full particulars.

C. R. ACFIELD, Foot Specialties
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DREER'S GARDEN BOOK 1922

Has been enlarged and improved and special care taken to make it the best we have ever issued. Especially designed to help the amateur as well as the professional gardener, whether his specialty be Vegetables or Flowers.

A large, comprehensive, handsomely illustrated book, showing in colors and photo-engravings many of the varieties offered, and giving cultural directions which assure a successful garden.

The EIGHTY-FOURTH edition of DREER'S GARDEN BOOK contains 224 pages, eight color plates, besides numerous photographic reproductions. It offers the best Vegetable and Flower Seeds; Lawn Grass and Agricultural Seeds; Garden Requisites; Plants of all kinds, including the newest Roses, Dahlias, Hardy Perennials, etc.

Write today for a copy which will be mailed free if you mention this publication.

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Reduce Your Weight —Easily, Quickly, Surely

Would you pay **one dollar** to grow thin? Dr. Anton W. Oelgoetz describes a simple, common-sense method by which you can **reduce three pounds a week**. No exercises, no apparatus, no drugs, no hardship, no danger to health. Just a simple food formula that will reduce your weight—and double your efficiency.

A Plentiful Menu

of **the right foods**—things that you eat every day and like. Properly combined they will reduce obesity. Learn the combination. No interference with your regular habits. No specially prepared dishes or foods. Just a few short, easily understood pages that anyone can follow—and secure remarkable results.



"Weight Reduction"—booklet by Dr. Anton W. Oelgoetz, sent by mail, postpaid. **\$1**

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Living the Physical Culture Life

In this department we have the pleasure of presenting letters of personal experience from our readers. The story of what others have done in building health, strength and energy is always interesting and stimulating. Attractive photographs demonstrating the good results of physical training and health care according to methods taught by this magazine, are always especially appreciated, though we cannot promise to publish all letters and photographs received, nor can we promise to return them. All photographs should bear name and address of sender, subject, and permission to publish. Be assured, however, that your letter of comment or experience is carefully read and appreciated by the editors even if not published. Publication is sometimes delayed several months. Published letters will entitle the writer to a free subscription to PHYSICAL CULTURE if application is made therefor after publication.—The Editor.

The Far-Eastern Olympiad

TO THE EDITOR:

I have the pleasure of sending herewith some photos of the athletes who were sent by the Philippine Government to compete in the Far Eastern Olympiad held in Shanghai, China, from May 27th to June 4th, 1921. The Chinese, Japanese, and Filipinos were the participants in this Olympiad.

I wish to state, in this connection, that all of the athletes won their fames by reading your magazine and following the instructions therein contained.

I am a photographer by profession and an athlete too. I play baseball, track and tennis, the latter being my favorite game at present, and have won many championship honors in the Islands.

Your magazine is instructive and very interesting. It teaches about the right kind of food to eat; how to exercise and avoid all kinds of sickness, and many other valuable things.

Since I began reading your magazine ten years ago, I never feel any sickness at all that will convey me into the grave. It is because I followed the instructions of the best doctors and specialists whose contributions are published in your valuable magazine.

E. C. ARELLANO,
Manila, P. I.

The Athletic Life of a College Lad

TO THE EDITOR:

The man that has been blessed with ill health has the advantage over any one else who has had nothing more serious than the measles. He uses such drastic and interesting methods of cure. He makes such vast improve-

E. C. Arellano, an enthusiastic physical culturist of Manila, P. I.

ment in such a short time. In fact he has everything to his advantage when writing of his problem. But there are scores and scores of readers of this magazine who are in good health already, who, when they read how John Smith cured himself of acute indigestion, say "Well I will remember that and use it when I get acute indigestion."

It came to me that, although I haven't been sick for five years, my problem was about the most common one of all the readers of PHYSICAL CULTURE. It was the problem of a mediocre mind in a mediocre body, accomplishing mediocre things. When you are sick you will fight for health, but when you are healthy you will let it slide. My one redeeming grace was that I saw the way I was heading and decided that this worm must turn.

I was in just this state of mind when I came on my first PHYSICAL CULTURE Magazine. It seemed to fascinate me with its pictures of strong men, and its articles on subjects that I had never seen discussed before. After picking up three or four consecutive copies from the newsstands and reading them all I decided that I must have more knowledge about my body.

It was a year ago last February that I started on my road to complete health. I was then a seventeen year old senior at high school in Tacoma, Florida. The first thing I decided to do was to go out for some form of athletics. I picked basket ball as the game I liked best and started out intending to win or die. For the first week or two I thought I would die. The running, running, running and then more running; forever chasing a ball. But I soon showed improvement as a guard, because of the strict diet I had been following.

(Continued on page 90)



Below, a Filipino middle distance winner at the Far-Eastern Olympiad.



How I Make \$500 Every Spare Evening —And Have the Best Times of My Life

"It seems almost too good to be true" said Mabel. "A few months ago it took our entire salaries, brother Harry's and mine, to keep the home together and to keep mother comfortable. We dressed so plainly that we didn't care to 'visit,' and we couldn't afford the cheapest of amusements. An occasional trip to the movies represented our limit."

"Now all this is changed. We have all the spare money we need to buy the things we want. Why, we've even made our home as pretty as any home in this town."

"It all began one day when Harry came into supper an hour late. He was more excited than I'd ever seen him before. 'I stopped at Jack Harig's on the way home,' he fairly shouted, and say, he's a wiz on the Saxophone! He's just had it a short time but he can certainly make that thing talk. He's found a way to learn music that is the quickest, easiest, most fascinating way ever heard of. He says there's no excuse for anyone not being a musician, now that it's been made so easy. He learned so quickly that before even his best girl knew about it he took his saxophone down to her house and gave her family a bang-up entertainment!"

Quickest Method Ever Known

"He said he learned through a print-and-picture method that took all the hard work out of learning music. Yet he learned real notes—the same kind every musician uses; no figures, trick music or any other stunts! Instead of practising a lot of scales his 'practice' consisted of *real music*. Learning in this way, he says, was 'fun' not work!"

"You can guess the rest. What Harry said opened up a vision of endless pleasure. We investigated this astonishing, easy—almost magical—new way at once and we found Jack hadn't exaggerated in the least. I never imagined that one could become a musician so quickly. Why, it seemed no time at all before we were entertaining all our closest friends and our house soon became known as a center of good times. Our music has also caused us to be invited everywhere and to thus make hundreds of new friends in the same way I became acquainted with most of you. It was glorious. It is the most delightful thing in the world to be able to entertain one's friends, and to be the central figure at so many nice events."

A Delightful Way to Make Money

"But in addition to all this we soon began to secure the most wonderful financial

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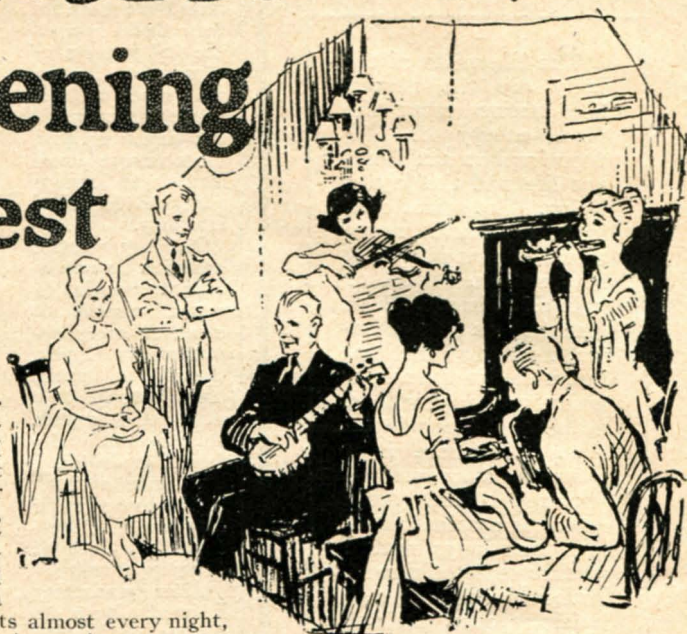
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ing. I could get all the fruit and fresh vegetables I wanted so I made these my chief foods. It was after I had made the team that I realized the full importance of my diet. It gave me wind to last where others would get tired. It gave me a reserve power that was always ready to be called into play.

But my greatest ambition was to learn to wrestle. I would wrestle a chum at every opportunity, even though it would often leave me in a state of complete delapidation. Before I graduated I had made a "rep" as the best wrestler in school. This "rep" I would uphold at every opportunity.

After graduating I went West to Kansas to harvest wheat. I figured on hardening my muscles and becoming a

man. But it was not as beneficial as I had hoped. The meals were unbalanced, the work was too monotonous, and the sun too hot. It was more of a trial than anything else. But I received one great benefit, and that was endurance. To drag myself through hot stubble with a bundle in each hand and one under the arm, to fork bundles all day long when it was a hundred and twelve in the shade, it was hard, but it worked me down to nothing but tough muscle and bone.

When I returned home I again took up my efforts and study towards a better body. I got up in the morning and ran about two miles, and then took a shower. My breakfast consisted of fruit, oatmeal, toast, and a glass of milk which I took with every meal. After breakfast I would help in the garden and around the house, doing whatever came to hand. Lunch consisted of vegetables, a little meat and hot biscuits. After lunch my

(Continued from page 88)



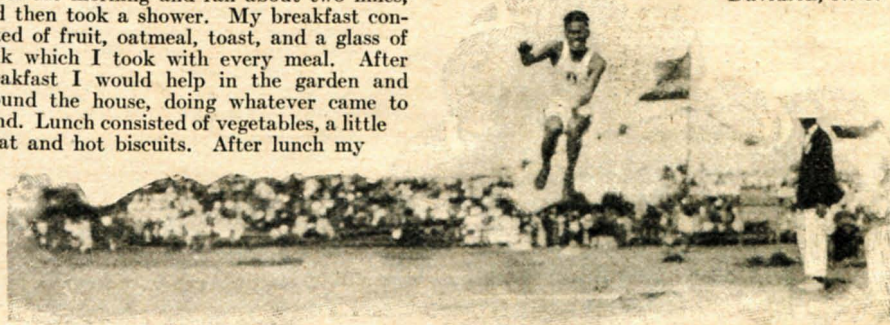
Clean-cut types of athletic physique seen at the Shanghai, China, Far-Eastern Olympiad.

got interesting. It also put on muscle as nothing else could do. Swinging on the Roman rings, climbing the ladder, doing the dip and pump, learning the handstand and kip, are all exercises that cannot be beat. Then I started out to make the wrestling team. This was my greatest ambition. I would get up before breakfast and take my run and shower. Then came breakfast and classes the rest of the morning. After lunch there came a rest and then we had to work on the mats the rest of the evening. This work was the most grueling and tiring I have ever done. I enjoyed it though, for every day I could see some improvement. I began to throw my partner every once and a while and I also would move up the

coaches list about once a week. At last I succeeded in throwing the best man in my weight and accordingly made the team. Just after this we made a trip into Virginia and came back after winning a few laurels. We had other matches but won them easily on account of our coaching.

This problem of making ourselves more fit is not a problem that we have solved, but one that we are solving. It is one that stays with everyone of us all the time. We must each solve it the best we can.

W. M. DAVIS,
Davidson, N. C.



Filipino athletes, in action, display form and versatility that would do credit to American college athletes.

crowd would go out to the lake and stay in swimming all afternoon. We would play games and have contests, and some of the boys became so proficient in swimming that they could swim across the lake and back, a distance of four miles.

I left home on September the first and came to college. It is here at old Davidson that I have been able to accomplish most in improving my body and mind. I first took up gym work. It came hard at first but soon





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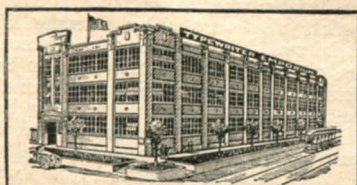
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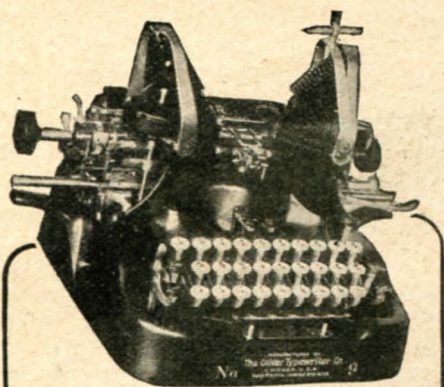
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She Doesn't Guess—She Knows!

What Would You Do In This Case?

(Continued from page 54)

earnings of the wife. In view of her desire to give up work, particularly since she is desirous of children, it would appear to be nothing short of pure selfishness on his part to ask her to go on working so that he may continue in his self-indulgent ways.

Incidentally it may be said that if a woman intends to have children, she should commence having them no later than at the age of thirty. There are any number of instances in which women have borne their first child at the age of thirty-five or forty without special difficulty, but probably these cases are exceptional in view of the general rule that beyond the age of thirty maternity becomes increasingly more difficult, and perhaps more dangerous. Furthermore, motherhood deferred beyond this age becomes less and less likely of realization.

The matter of happiness in relation to one's work is a vital factor in one's health and well-being. The very fact that our correspondent finds her work distasteful, and wishes to devote herself to her home, should be sufficient. If Mr. Man is not making as much money as is desirable, it should only spur him to increased effort so as to augment his income. This is not always as easily accomplished as seems to be the case in the popular stories on success now being published in so many magazines, but certainly a self-indulgent and extravagant spirit is never conducive to efficient work or that form of success in life to which increased income is more or less incidental. One can do better only by settling down, getting a grip on his personal and business affairs, wrestling with them, and thereby finally making good.

Do you think this man loves his wife? Is not love to be measured not only by that which one is willing to do for the object of his affections, but also and even more unmistakably, by that which he is willing to give up for her?

Why His Wife Left Him

TO THE EDITOR:

I am deeply interested in your publication in the December number, of the case of M. N., which is a most peculiar one from a woman's viewpoint.

I do not believe that all men are fickle, neither do I believe that all women are infallible, although my own personal experience might have a tendency to make me believe so.

In this particular case I think that it would be well for M. N. to see himself through the eyes of a woman—for even the poet, Robert Burns, realized the advantages of seeing another person's viewpoint when he wrote "Would some power the giftie gie us, to see ourselves as others see us." Instead of M. N. congratulating himself on not feeling bitter towards all women, why does he not take into consideration the kindly influences exerted by his wife during their life together? If, as he admits, she was such a wonderful companion to him, how could he forget her and hate her sex after being with her, as he was. Would

not the influence of the years together be more than the result of one hasty act—if one can call it hasty.

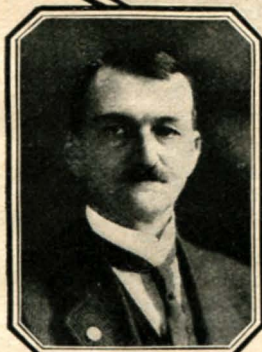
Personally it would seem to me that this act was the climax of some great event. Would it not be possible that these same "kindly disposed people" who are now telling our friend how his wife was "knifing him in the back" had told his wife some things that almost broke her heart? How does M. N. know but that his wife was told that he said, "Oh, her caresses are all right but I want the caresses of my baby." It is quite possible that he might have said some little thing concerning her inability to bear children, that led her to take the step, when those words were repeated to her. These kindly friends of M. N. apparently were friends of his wife when both were happily situated in their home. If they will carry things to him, what might they not have carried to her as well? A woman is hurt much more quickly and easily than the majority of men. Cannot one just picture this little woman happy in her home, loving her husband with her whole heart, and hungry for motherhood in its beauty and holiness. Then come her two misfortunes in connection with child-bearing, followed by another few months of happiness with the love of her husband—when the blow fell. She knew how anxious her husband was for children,—what wife doesn't realize the innermost desire of her mate: To my mind, M. N. must have said something or done something that made his wife take the step. He admits she was connected with church work, and apparently both were happily linked together in their religion. Does it sound either logical or reasonable that his wife would leave home over nothing? I wonder if our friend's conscience is entirely clear to the point that he never said that he believed "God was punishing them for something one of them had done by not sending any children to gladden their hearts." How plainly one can picture the torture this would be to the wife, and particularly so if it were repeated by an outsider with the customary exaggerations. One can almost imagine her rushing to the physician to ascertain whether or not she could ever bear children, and hearing his verdict that the local weakness might never enable her to bring healthy, normal children into the world.

Upon hearing a verdict of that nature, it is no more than logical to assume that she decided to leave the home in which she had been so happy and the husband that she loved devotedly. You can almost imagine her reasoning along the lines that it was better for her life to be ruined than to spoil both her own and that of her husband. If this were the case, she certainly would not write to him until she was absolutely sure that she was wanted just for herself, not because she could ever be the mother of his children.

If M. N. loved her as he says he does, cannot he understand the sacrifice instead of doubting her? If he is suffering, cannot he imagine the heart of a woman (even though he does believe it is fickle)?

Of course M. N. knows his wife much better than one reading his letter, but I cannot believe that she went away with a light heart or went because she wanted to. I firmly believe that she went either because she thought he would be happier with someone else who could mother his children, or because some of the "kindly disposed friends" told her a "mess of lies" concerning her husband. I almost hear the critics say, "Well, why didn't she go and tell her husband first?" That certainly sounds easy, but you must remember that she thought these friends were telling the truth and that her husband had been lying to her—the same as he believes

(Continued on page 94)



Prof. S. A. Weltmer, D.S.T.
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(Continued from page 92)

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Alo Studies



these friends to-day against the wife whom he certainly knows and loves despite her faults.

Certainly without some justification a lovable Christian woman would not leave her husband whom she certainly cares for. Why does not M. N. still "keep the faith" in her despite what his friends may say, instead of thinking of some other woman whom he hopes will prove more sincere.

Nothing would please the readers so much as to know that these two were again joined together some day, for apparently this is a case of real love, despite the misunderstandings that now exist.

H. M. M.

This Is Real Life, Even If It Is All Wrong

TO THE EDITOR:

I shall tell my tale, and in the telling I hope that no one will think the girl involved was fickle—because that is not the case.

I am married to a girl who has a great love for a home, in fact housekeeping is her hobby. Our home life has been ideal except for the one thing that a home is for, children. We never talked the child question over before we were married, so we did not find out our likes and dislikes in reference to children until after our honeymoon. Then she told me frankly that she never would consent to bring a child into the world, she had a horror of childbirth, did not want to lose her form and, besides, one had to waste too much time in rearing a family. Was it worth it?

I dearly love children, and to me a home without children is lacking in the real spirit of love. If she had given me her views before our marriage I never would have carried on to the altar. But now I tried to make the best of it, thinking that the mother spirit would develop in due time. But as time went on there was no change in her attitude. Maybe I was as much to blame as she, who knows? Then I asked her to adopt a child, but she would not consent to that. And so we let the subject drop.

About this time a boyhood friend, a real pal, and his wife, whom I had never met before, moved into the house next to ours. A warm friendship sprang up between my wife and my friend's wife. In fact, my wife made the remark that we could have such good times together, because there were no children in either family to keep us home. We could go and come when we pleased, and just have a good time.

Everything ran smoothly for a time, and then one day my pal told me his wife was just crazy to have a baby, and that the doctor had told him that he was sterile. He said he didn't care, but that his wife was just sick about it.

Fate hands us some funny jokes sometimes. My friend's wife and I were thrown together more and more. My pal and my wife appeared to find one another good company. We exchanged little confidences, but were never disloyal to our marriage vows.

Then one night after we had been out to a show and a supper downtown, my pal's wife asked me if I would be fair with her if she asked me a question that meant more to her than life itself. That is, I was to give her an honest answer, no matter how unusual it might appear to me. Then she told me that she wanted me to be the father of her child. Life did not hold any hopes to her without children. She did not think that it would be wrong, and was willing to take a chance on the future. We talked it over—and decided to take the chance.

And then one day my pal rushed into my office, slapped me on the back, and told me his wife was expecting a baby. And you never saw such a happy man. "Those doctors did not guess right—we will have the joke on them in time."

(Continued on page 96)

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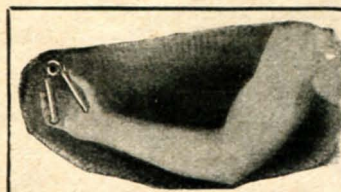
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Fine prizes; a business of your own that can be developed at will; clean work; good hours. Boys wanted in every city and town. Complete outfit free. Write for details and start that extra spending money towards your jeans now.

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The Barker Power Grip will double and treble the strength in your fingers, hands, wrists and forearms in a remarkably short time. The Power Grip is of special value to and highly recommended by Golfers, Dentists, Pianists, Telegraph Operators and Typewriters. A strong grip is admired more than any other feat of strength. In fact, it has saved any person's life in cases of emergency. Those who suffer from cold hands or perspiring hands will obtain great benefits by using the Grip a few minutes a day. The price of the Barker Power Grip is \$2.00 for 2 Postpaid.

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THE DEMAND FOR DRUGLESS PHYSICIANS

greatly exceeds the supply. Our school offers Post-Graduate courses in all branches of Natural Healing, such as: Natural Dietetics, Iridiagnosis, Philosophy and Practice of Natural Therapeutics, Hydrotherapy, Applied Psychology, Laboratory Diagnosis, and Orificial Therapy. Send for illustrated prospectus and terms.

LINDLAHR COLLEGE OF NATURAL THERAPEUTICS

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Why Stout People Can't Wear New Styles

Easy to lose a pound a day or more by new fascinating method. No exercise, self-denial or discomforts.



Illustrations show what wonderful improvement in figure is secured by reduction of 30 pounds.

Reduce to Your Ideal Figure In Two Weeks!

Make This Free Test - Results Guaranteed

"I REDUCED from 175 pounds to 153 pounds in 2 weeks! (22 pounds lost in 14 days). If you had known me before and could see me now, you would realize what a wonderful discovery your new method is. Before I started I was flabby, heavy and sick—had stomach trouble all the time. Had no vigor. I feel wonderful now." Name furnished on request.

This person's experience is duplicated by that of hundreds of others who have quickly regained their normal, healthful weight, and strong, graceful and slender figures in the simplest, easiest and most delightful way known. Mrs. George Guiterman of 420 East 66th Street, New York, lost 13 pounds in the very first 8 days. Mrs. Mary Denny of 82 West 9th Street, Bayonne, N. J., lost 74 pounds in record time, reduced her bust 7½ inches, her waist 9 inches and her hips 11 inches. She also banished her pimples and secured a beautiful complexion; all through this marvelous new method. She can now RUN upstairs without puffing or discomfort, whereas before it made her feel faint just to walk up.

Look Years Younger When Fat Departs

A Pennsylvania woman writes "Since I lost those 54 pounds I feel 20 years younger—and my family say I look it."

This appearance of youth is one of the most delightful results of this new method. Fat people always look older than they really are. Merely to secure a slender form would bring a more youthful appearance. But this new method also results in a clearer skin, a brighter eye, a firmer step and the most wonderful energy and vitality. Many write us that they have been positively amazed to lose lines and wrinkles which they had supposed to be ineffaceable. So that when you reduce to normal weight in this new simple fascinating, natural way, you look even younger than most slender people of the same age. You can then dress stylishly and yet be in perfect taste. This season's designs are made for thin people. In a very short time after using this marvelous new method, you can wear the most colorful, the most fluffy, and the most extreme styles; and look well in them.

And best of all, these wonderful benefits are

NO Exercise, Starving, Special Baths, Rolling, Massage, Appliances, Special Clothing or any Discomfort Whatever.

Results in 48 Hours

secured without any discomforts whatever. No starving, no exercise, no medicines,—nothing to do but pay attention to an easily followed law of nature. In reward, nature gives everything and exacts no payment.

The Secret Explained

As simple and easily understood as is this natural law it seems almost magical in its results. Eugene Christian, a specialist of international renown, discovered that it is not *how much* they eat, and to a certain extent it is not even *what* they eat that causes people with natural fatty tendencies to put on surplus flesh. It is how their food is *combined*. Eat certain dishes at the same meal and they will cause more flabbiness and fat and fill the body with the poisons that cause the puffiness, the lack-lustre eyes and the skin blemishes which so often accompany obesity. But eat these very same dishes at different times and properly combined with other ordinary foods and they make muscle and bone and good rich blood instead of fat. Then the fat you have already stored up is rapidly consumed. This discovery is the greatest boon ever given to stout people who have found dieting a weakener, exercises a task and drugs a delusion. For when you learn the secret of properly combining your food you can eat **Potatoes, Fowl, Meat, Fish, Milk, Butter, Cheese, Chocolate, Corn Bread, Wheat Bread** and many other dishes you have probably been denying yourself. And yet you will lose weight steadily, right from the start—perhaps a pound a day, perhaps more, as so many others have done.

And as the unhealthy fat departs, your flesh becomes firm, your complexion clears, your eyes brighten and your health and energy

increase wonderfully. Youthful looks, youthful spirits and a youthful form become quickly yours.

When you have reduced to normal weight and your fatty tendencies have been corrected it will not be necessary for you to pay further attention to how your food is combined. Still you will probably want to keep these combinations up all your life, for as Mr. Clyde Tapp, of Poole, Ky., says: "The delicious menus make every meal a pleasure never experienced before."

Free Trial—Send No Money

Send no money now—just fill out and mail coupon or send letter if you prefer. We will send you in 12 interesting booklets, complete instructions and dozens of delicious menus containing the foods you like combined in a way to enable you to quickly attain a slenderness which makes you look well in the most colorful, fluffy or bouffant styles. Weigh yourself when the course arrives. Follow the appetizing menus in the first lesson. Weigh yourself again in a couple of days and note the delightful and astonishing result.

People have been so grateful for what Christian has done for them that they have voluntarily paid him fees of \$500.00 to \$1,000.00. But he wants everyone to be able to own this course on "Weight Control." So in addition to a FREE TRIAL offer, he makes the following nominal price, which you will probably consider as hardly paying for printing and handling. You pay the postman only \$1.97 (plus postage) when the course arrives. And it is then yours. *There are no further charges.* If you are dissatisfied with it you will have the privilege of returning it within 5 days and your money will then be instantly refunded. So you risk nothing. Act today! You'll soon create astonishment and envy among your friends by your renewed slenderness, increased health and youthful appearance. **CORRECTIVE EATING SOCIETY, Dept. W-273, 43 W. 16th St., New York City**

If you prefer to write a letter copy wording of coupon in a letter or on a postcard.

CORRECTIVE EATING SOCIETY, INC.
Dept. W-273, 43 W. 16th St., New York City

You may send me, IN PLAIN WRAPPER, Eugene Christian's Course "Weight Control—the Basis of Health," in 12 booklets. I will pay the postman \$1.97 (Plus Postage) on arrival. But if I am not satisfied with it I have the privilege of returning the course and my money will be instantly refunded.

Name..... Please Write Plainly

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Price outside U. S. \$2.15 Cash with Order.

(Continued from page 94)

The Healing Rays of this PAIN RELIEVING Sterling Lamp

make it a welcome addition to all homes, or wherever it is introduced, a practical First Aid in the instant relief of aches and pains. The Sterling Pain Relieving Lamp affords quick and sure relief to all persons suffering from Rheumatism, Lumbago, Sciatica, Neuritis, etc., soothes and induces restful sleep, heals wounds and burns.

Renews Vim Vigor and Vitality by increasing blood circulation, makes one more efficient. It works along Nature's lines, and follows her laws which accounts for its healing powers.

Heals Like the Beneficent Rays of the Sun but, unlike the sun, it always shines when needed, always ready, day or night, "Sunlight" in a convenient, portable form, its therapeutic properties scientifically worked out, to make it possible to put this wonderful curative agent in the hands of all, for the benefit of all, at all times.

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because of its great value in cases, where, without it, some powerful drug would have to be used for quick relief of pain, in emergencies, and at other times, in the fight to restore health. An invaluable aid in the sick room.

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You will be intensely interested in reading about the authentic and wonderful cases of healing where this lamp has been used in homes, hospitals, sanitariums, etc., in all manner of cases. So simple that a child can use it. Lamp sent on 20 days' trial, money refunded if not satisfied.

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"Alice" Diamond Ring
Radiant, blue white, perfect cut Diamond, Ring is 18-k Solid White Gold. Special at \$50.
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CHICAGO, ILL.
STORES IN LEADING CITIES

Then the baby came, and it was a fine boy. I saw him first when he was about one hour old. I never will be able to describe the feeling that came over me then as I stooped over to kiss the little hand. And as my eyes met hers, they had such a look of happiness. She put her hand on mine and said, "Isn't it wonderful?" All I could do was to squeeze her hand and wish them both all the happiness in the world. Didn't they have it?

The baby is now three years old. They are bringing him up in the true physical culture way. He has a wonderful mother. And my pal worships both wife and baby. Their home is ideal.

My home life is just the same, cold affair, only we have new friends to take the place of pal and wife. They have a baby, and that lets them out, so to speak.

Somewhat I simply can't bring myself down to the view where there is even a shadow of doubt, that I did wrong. And when I pick that dear little baby up, and he puts his dear arms around my neck and kisses me and tells me he loves me, and that he would be my boy if he wasn't Mother's first, then I say to you that I will take my chance with the future. Just for the one moment's real love with a pair of baby arms (will I say, my own?) around my neck, and his warm little body nestling against mine.

G. E. C.

Would You Let Religion Stand Between You and the "One Girl in the World?"

TO THE EDITOR:

For some time, I have been confronted with a situation which I have often tried to solve—continuously reversing my decision until at last I appeal to your Personal Problem column hoping that you and your readers may help me decide which side of the fence I should jump to.

I am a young man of twenty-three (Catholic) and an ardent physical culturist, always doing what is decent and respectable. I am in love with a girl five years my junior who is also a physical culturist as sweet and pure as any man could desire.

Our ideas are so much alike in all matters that I am sure I have a mate, a companion, and in every sense of the word a woman.

But her religious denomination differs from mine and I am at a loss to solve whether I should seek one of my own religion or stick to the one I consider my mate. I do not mean that she is an atheist, nay, far be it from such, as she is a good Christian, living up to the teachings of Christianity.

Now kindly answer my appeal—should a P. C. couple who believe in one and the same God separate for the mere difference in religion, or live the true P. C. life as Christ Himself taught, together as man and wife?

TWENTY-THREE.

Are Men More Fickle?

TO THE EDITOR:

I was very deeply impressed by the article in the December issue, "Are Women More Fickle Than Men?" as my case is very much like it. The only difference is that it is a man who is at fault this time instead of a woman.

Five years ago I married a man whom I supposed was my real soul mate and whom I loved better than any one else on earth. After one year of boarding we settled down to house-keeping in a cozy little home. All went well until about six months ago, when to my surprise, my husband took a fancy to staying out late at night and calling some of his men friends over the telephone, telling them to meet him at such and such a place. Right there, for the first time in my married life, my suspicions arose. I never before had been the least bit jealous of my husband. He always went when he got ready, and came back

when he got ready, and so did I, but the conversations he had over the phone would have made any one jealous. So I undertook to follow him several times, but he always caught me at it, and so there would be a quarrel.

There is a woman who lives close to us, and who I know is not a refined lady. Often I saw her flirting with my husband, while I was right on the porch with him; so I accused him of calling her over the phone, instead of the men. But, man-like, of course, he bitterly denied this. It happened one night that he went out for a walk after dark, and I took one of the children, started out too, and caught him talking to this woman.

So one day he came to me, after being gone from home all day, and told me he wanted to do something that not one out of a hundred men would do, and that was to confess everything he had done.

It almost broke my heart to hear him tell me how he had deceived me, and how he had gone around with this woman on Sunday afternoons, while I was sitting at home by myself, thinking that he was at some neighbor's house.

He told me if I would forgive him he would never do this again. But I have lost confidence in him, and once lost it is hard to regain (and some say you can never regain it). I have lain awake many and many a night trying to solve my problem, whether to leave him and go where he will never hear of me, or whether to try and battle it out here. He is as good to me as a man can be, when he leaves whiskey alone, but when he gets a drink of whiskey he never knows when to come home. And he claims this is not mistreating me. The Bible says, "Thou shalt not commit adultery!" Must I leave him or shall I stay with him?

M. S.

What I Think of Kissing?—The "Wisdom" of Nineteen Years

TO THE EDITOR:

I am a young man of nineteen winters, and just at the age when nearly all young men's thoughts turn to love and "her."

All my life, up until last May, I have been called a "woman hater," because I never would have anything to do with any girl, only speaking to the ones I knew, when I passed them on the street. So you see I never have had any experience along the line of making love. But last May I met the girl Mother said I would meet someday, "the girl that was put in this world for me," and have been keeping steady company with her ever since. Just lately I realized what pleasure there was in a "kiss." I have not become a regular "kissing bug," but will admit that a "kiss" from a girl that you really consider above all, is the most inspiring gift a boy can receive. A "kiss" will fill a boy with inspiration and make him realize he has something in life to work for, and live up to.

I can not see where a girl lowers her moral standing by permitting her "steady boy friend" to kiss her. Of course some boys overdo the thing, they make a practice of kissing any girl just when they please. This practice of boys is sickening and disgusting.

A boy that is just out for a good time does not seem to care what kind of a girl he is with. But when he is thinking of marriage he wants a good, clean and sweet girl, and not one that all the other fellows in the community have been pawing over and kissing. Then why should he paw over and kiss some girl that some other boy has his eye on.

Some people think it is a disgrace for a girl to permit herself to be kissed before she is engaged, but I don't. There is great pleasure in a "kiss" if the boy and girl really like each other, but no pleasure if they kiss just for pastime.

G. F. R.

YOU Can Live a Supreme Life

Radiant Health, Great Strength and 100% Mental Efficiency can be obtained thru taking advantage of this *Wonderful Offer*. Let Energy and Vitality vibrate thru every vein and make each succeeding day more enjoyable and beneficial than the one before.

PRACTICE

Muscle Control

and BE THE MAN YOU SHOULD BE!

ADMIRATION

always follows the robust, graceful and alert man. Pity trails behind the weakling, because his failing energy is not sufficient to carry him over the obstacles that obstruct every man's path to progress. Do you belong to the REAL MAN set—the dominant class of successful people; or are you among the sickly, flat-chested, weak-legged, nervous and always ailing—the insignificant class, that, instead of living just merely manage to breathe and exist?

NO MATTER what your position, environment, physical and mental development now is, you are being given a wonderful chance to get more satisfaction out of yourself and the world by this

Amazing Opportunity for Greater Strength

offered by Prof. Matysek the man who, years ago, having resolved to become healthy and highly developed, has experimented and trained himself until he is ranked among the strongest men in the world. He, in order to accomplish this, has been secretly practicing on this

"Body Beautiful" Maker

Thousands of men who have tested this "Muscle Control Course" say it is the **SUREST AND QUICKEST "MUSCLE BULGING OUT" STIMULANT, A CURATIVE SYSTEM OF EXERCISES THAT PRODUCE REALLY ATHLETIC MEN WITH GRACEFUL OUTLINES FULL OF STRONG PERSONALITY.**

These Muscle Control exercises are the **CHIEF SECRET** of why I am growing despite my age, day after day, stronger and better developed, as well. Do you blame me for offering to acquaint you with such progress making exercises that will bring forth the maximum results you are after and **NOW** are within your easy reach?

Matysek's Muscle Control Course Consists of

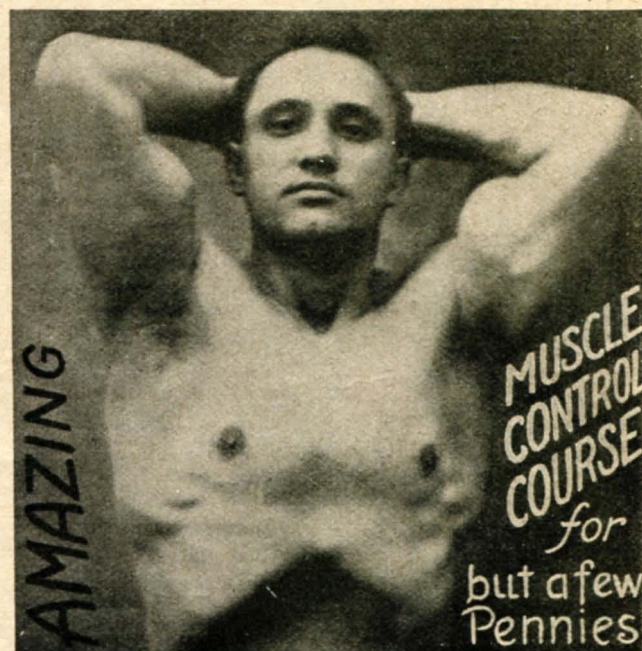
Two handsomely finished charts containing twenty-one beautifully produced pictures showing every detail as to how to perform the movements with absolute correctness. The instructions are "straight from the shoulder" such as only an expert who went thru the mill himself could ever possibly produce. The following is but a part of what is embraced in the course.

- How To—quickly make respond the inactive bowels.
- How To—easily correct the rounded shoulders.
- How To—expel bothering gas out of the stomach.
- How To—promptly chase away the staleness of the body.
- How To—strengthen the nerves and internal organs.
- How To—control every muscle of your body.
- How To—store up energy for feats of strength.
- How To—completely relax and contract.
- How To—breathe effectively.
- How To—arouse your inactive nerves.
- How To—create better blood circulation.
- How To—increase your chest circumference.
- How To—learn the famous shoulder blade control.
- How To—thicken the shoulders.
- How To—make your shoulders supple.
- How To—broaden your back.
- How To—depress the abdominal muscles and wall.
- How To—control the chest muscles, biceps, triceps, thighs, calf and all other muscles.
- How To—assist in training the abdominal regions to be immune from rupture.
- How To—master correct posture.
- How To—overcome insomnia

and many other vital pointers you need every day, too numerous to mention

The exercises in this course cause no strain on the heart and do not create nervousness.

Some time ago this course was sold only to my **GRADUATE** pupils of the regular Matysek Physique Exercise Course as an additional stimulant to the maintenance of Perfect Health. The gratifying results that these fortunate pupils have, and are still securing, brought about my decision to offer this marvelous "natural" nerve stimulant to the general public whereby every far seeing youth, man, even the aged, is given an opportunity to indulge and share in this miraculous muscle and brain instantaneous regenerator.



ANTONE MATYSEK

the muscular phenomenon, the man who is offering to place you on the energetic strong man map. When you find your place on this map you will always be full of pep, ambition and joy. You will be a **REAL MAN**.

Let My Muscle Control Exercises Mold Muscle on You Quickly and Solidly!

Only ten minutes a day, in the privacy of your own room, solves any case. From my own experience, as well as the very large number of pupils I have successfully aided, I know that in less than five days your efforts will be realized to a most surprising extent. If you are already training on some good "system" these Muscle Control exercises will force your progress to be 100% faster! If, however, you do not exercise, then for your own sake and own happiness, start building yourself up into a *real man*. Do not merely drag on.

It Is My Sincere Wish to Assist Every Reader of Physical Culture Who Applies to Me to Become Healthy and Strong

For this reason this Muscle Control Course is being offered you for a limited time at such a trifling price that **YOU CAN WELL AFFORD IT. COSTS BUT \$2.00.** I guarantee quick results and absolute satisfaction or money back. Come then, my Friend, when I am reaching out to help you! I will place you on the real road: I will show you the main secret that helped me to get what I longed for and now certainly possess. In addition to this course you have the privilege to ask any questions pertaining to your physical training; to these I will gladly reply, giving you personal attention. This favor alone is worth the \$2.00 I ask. Better avail yourself of this splendid offer *right now*, for in the future the charges may be *doubled*. Matysek's Muscle Control will do wonders for you. You will be the envy of your friends. Learn how to get the most out of yourself. It is easy and **YOU CAN DO IT! GET STARTED RIGHT—RIGHT NOW!** Simply tear off the coupon below, mail with but \$2.00 (Canadian and Foreign orders, \$2.20) and leave the rest to me.

Prof. Matysek

Muscle Control Dept. 319, 523 N. Charles St., Baltimore, Md.

Detach and mail NOW while it is on your mind.

PROF. MATYSEK, Muscle Control Dept. 319

523 N. Charles Street, Baltimore, Md.

I want bulging muscles and yet I want them to have fine outlines. I desire to increase my strength, my internal activity, my energy, my manly powers. I want to be more than I am now and I want to achieve my "chief aim" in a short and efficient manner. For these reasons send me your wonderful Muscle Control Course, illustrated with 21 high grade pictures of yourself. If after five days of honest practice I am not completely satisfied, my money will be promptly refunded upon return of course at expiration of that time.

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"Save your feet"



Look for this Trade-Mark. It protects you against imitations

Enjoy Real Comfort

You can stand or walk for hours without tired or aching feet, your daily duties can be performed with uninterrupted comfort and you can be in fit condition to enjoy your evening of pleasure without the slightest thought of your feet, if you wear Jung's "Wonder" Arch Braces. They correct fallen arches and weakened conditions of the feet and thus overcome pain in the knee, leg, heel, instep or ball of the foot as well as callouses, cramped toes and weak ankles.

No matter what other braces, supports or similar appliances you have used, you should try a pair of Jung's "Wonder" Arch Braces and see what a wonderful difference it makes to have real foot comfort. The most comfortable and corrective appliances obtainable. Made of special Superlatic—light and porous, but firm and durable. Try a pair—they're guaranteed to make your feet feel better. Money back if not satisfied. Price \$1 per pair (Canada \$1.50). If your shoe dealer, surgical dealer, druggist or chiropodist can't supply you, order direct.

Write For Free Book

Everyone should have the valuable information this book contains about the feet. Illustrated with X-Ray views of foot structure. Tells how to relieve and prevent foot ills. Write for your copy today.

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Dealers—Ask for details of our trial offer.

JUNG'S

The "Original"

ARCH BRACES

Be A **YANKEE** Booster

Have You Seen "THE YANKEE"?

SEE PAGE 109 • WRITE FOR CATALOG

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Become a lawyer. Legally trained men win high positions and big success in business and public life. Greater opportunity now than ever before. Be independent—be a leader. Lawyers earn.

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We guide you step by step. You can train at home during spare time. Let us send you records and letters from LaSalle students admitted to the bar in various states. Money refunded according to our Guarantee Bond if dissatisfied. Degree of LL. B. conferred. Thousands of successful students enrolled. Low cost, easy terms. We furnish all text material, including fourteen-volume Law Library. Get our valuable 120-page "Law Guide" and "Evidence" books FREE. Send for them—NOW.

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Study BACTERIOLOGY, Microbiology, Sanitary Science

Learn these interesting and profitable professions easily and quickly. Enjoy high social standing in your community, financial independence.

We teach these sciences as well as Urinalysis, Blood Analysis, Detection of Poisons, Blood Stains, Serology, Parasitology, and Wasserman Tests; quickly and thoroughly. Home Study and Residential Courses. Diplomas and degrees granted. We help you secure position; many now open. Many of our graduates have made such a remarkable success in Urinalysis that we have decided to give to every new student who enrolls within the next 30 days this Urinalysis outfit free. The outfit consists of 36 pieces of laboratory glass apparatus, including a beautiful silk lined leatherette carrying case 12 ins. x 7 x 6 3/4 ins., and 17 distinct chemicals and reagents measuring over 30 ounces. Outfit retails at \$25.00. Many concerns specializing in Urinalysis get \$2.00 to \$5.00 for single tests—make thousands of dollars annually. Outfit contains enough material to make 25 complete chemical tests.

WRITE for 48 page Prospectus. It's FREE. Shows how you can make big money, enjoy social prestige, financial independence. No obligations. Write today.

Physicians' & Surgeons' College of Microbiology

550-A Garfield Avenue, Chicago, Ill.

A Whole Wheat Miracle

(Continued from page 41)

and everlastingly permanent evil. The new loaf, now known as Ward's Homespun whole wheat bread, made its first public appearance at the Twenty-third Regiment Armory, Bedford and Atlantic Avenues, Brooklyn, where it began its work of organized revolt against the white bread fetish which for so long a time has dominated the dietary of civilization.

With a single stroke all the "nearly" wheat mixtures of so-called imitation "graham" and other hybrid compounds posing as whole wheat have been wiped out of respectable bakery society, and the loaf to be henceforth known as "Homespun" takes its sturdy stand in behalf of better things.

For many months the writer had been waiting for the belated appearance of Homespun, which was actually born four years ago, though its development during the interim has been of such a slow, careful and deliberate nature that its release to the public was withheld until the Ward idea of whole wheat perfection might justify a record-breaking innovation.

The history of this astounding climax to years of agitation through the columns of *PHYSICAL CULTURE* Magazine and the *New York Globe* may be adequately recorded by the publication here of a letter sent by George S. Ward, January 12, 1918, to the writer. It reads as follows:

"Let me assure you at the outset that you have my good will in the project and I suggest that you come out again at your earliest convenience and let us talk the subject over frankly. I am favorably inclined toward your idea if it can be joined up to an enterprise such as we have. I see no present reason why that cannot be accomplished.

"Anticipating your reference to our putting out a 100 per cent. whole wheat loaf, I at once got busy. The result is, I have on my desk at the present moment, hot from the oven, a most beautiful loaf of 100 per cent. whole wheat bread, better than I thought it was possible to make, which goes to show that the extensive experimenting we have been doing in the shop and laboratory for the last three months has borne fruit."

Thus after four years of indecision, the Ward Baking Company took its final stand against the powers of darkness, as symbolized by the great modern human destroyer which hides behind the make-believe virtues of denatured whiteness.

With the appearance of "Homespun" bread, the Ward Baking Company, under the caption, "Back to Nature," began a series of advertisements in the *New York*, *Brooklyn* and *Newark* papers, putting

(Continued on page 100)



Learn The Secret Of Health

From Alfred W. McCann's Wonderful Book

"THE SCIENCE OF EATING"

The Most Precious Thing in the World

HEALTH is The Most Precious Thing In The World. Without it nothing else matters. No amount of "Dieting" or "Exercise" can bring health to you if you are ignorant of the proper kinds of food to eat.

You may "diet" to reduce or gain weight; you may "exercise" to develop your physical powers; but unless you possess the *secret of foods and their values* you will never be free from the torments of disease. For nearly every disease can now be traced to the eating of wrong food. And nearly every disease can be treated by eating the right food.

In this remarkable book, Alfred W. McCann gives you the *facts* that will bring *health* to you as it has done to thousands of others who have profited by the knowledge acquired thru years of scientific research.

The Writer of This Advertisement

is one who owes his present health to the knowledge found in "The Science of Eating." I was suffering untold misery and embarrassment from a chronic case of gastritis and stubborn constipation. Large sums of money spent for doctor's fees and medicine failed to bring relief. I was rapidly becoming a chronic invalid — a crank about foods, a worry to my family and a bore to my friends. My money and efforts had brought me no nearer to that robust health I so ardently desired. Then one day, in a skeptical mood, I paid \$3 for a copy of "The Science of Eating." The knowledge that I obtained from this wonderful book worked as if by magic and today I would not part

with that knowledge for a thousand dollars.

Improper Foods Breed Disease

In this great book, Alfred W. McCann proves beyond the shadow of a doubt that **Heart Disease, Dia-**

betes, Colds, Catarrh, Rheumatism, Pyorrhea, Constipation, Cancer, High Blood Pressure and even Tuberculosis, besides hundreds of other diseases are caused by eating improper foods. Foods that are adulterated or over refined, instead of adding strength to your body and brain, actually poison your system so that with each mouthful

you are literally digging your grave with your knife and fork. You owe it to yourself and family to get this remarkable book to-day.

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Constipation is the curse of the American People. It is the cause of more fatal diseases than any other preventable ailment. All the drugs in the world cannot cure constipation. They can only relieve it. Constipation is caused from eating refined and denatured food. The

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Many of New York's foremost physicians prescribe this book to their patients instead of issuing a useless prescription to the drug store. They know the truth and have the courage of their convictions.

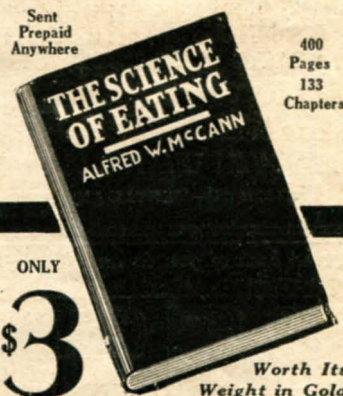
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You cannot gain success in life unless you possess a vigorous, healthy body and active brain. But a vigorous body and active brain cannot be purchased at the drug-store. Pills cannot put iron into your blood nor powders give you vitality. **Iron must come from the food you eat.** Certain foods contain iron and unless you eat those foods you cannot supply your blood

with the precious element that it needs.

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If you would avoid the drug-store, if you would save hundreds of dollars ordinarily paid to physicians, if you would be spared the terrible suffering of disease, and save the enormous expense in health, money and opportunity that sickness incurs, do not hesitate another moment but send for this wonderful book today.



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ONLY PART OF CONTENTS—

A Few of the 133 Chapters

Health or Disease

Red Blood Depends on Food
Medicines Added to Sugar and Starch

Getting the Child Started
Denatured Foods Destroy Life
Old at 25, Young at 60
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Iron and the Raisin
Refining Processes More Deadly than War

Preventable Tragedies of Milk and Meat
Anemia, Tuberculosis, Heart Disease

Ideally Balanced Menus

FEAR

IS MAN'S WORST ENEMY HERE'S THE PROOF

"Recent experiments made at the Laboratory of Psychology, at Washington, have demonstrated that a bad thought causes a chemical action to take place that injects a poison into the blood. . . Hatred, fear, anger and jealousy . . . have been found to contain deadly poisons. The poison of jealousy will kill a guinea pig in a few minutes, and in an hour of intense hatred enough poison is emitted to kill four score human beings."

Quoted from an article in the National Sunday Magazine by Elmer Harris.

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HERE IS PROOF POSITIVE THAT LEAVITT-SCIENCE CAN DO IT

"I am sorry that the editors to whom all my work is contracted are not broad enough to permit me to express in print my appreciation of so valuable a work as yours."

Elmer Harris

I HAVE HUNDREDS OF LETTERS IN MY FILE TESTIFYING TO THE HEALTH, HAPPINESS AND SUCCESS I HAVE BROUGHT TO THEM.

Elmer Harris

A ranchman out West says—"You accomplished wonders for me in one month's treatment. I am going to write a pamphlet for you this Winter telling how Leavitt-Science pulled me out of the depths of despair and put me on my feet. I don't think there ever was a case quite so bad as mine. Won't you take a vacation and pay me a nice visit. The latch string will always be out."

A Wholesale Grocer says—"I am continuing to feel the benefits of your treatment, as daily I am gaining confidence in myself and am absolutely free from Worry and Fear. Just last week I informed my wife, who is at present in your city, that I was now feeling so good that I was able to discontinue your treatment this month. I am telling everyone I meet of the miracle you performed in my case."

A CHIROPRACTOR SAYS—"Yesterday

ended my first month with you which has been worth much to me. Many thanks to you for your kindness. I am much improved and a much happier man than when I began your treatment. I can now finish the fight alone."

Remember, Leavitt-Science does not slight the physical end of things. It simply adds something more—the MENTAL. It is, in fact, as blending of the best in ALL methods of healing; the result of my many years of experimenting and experience.

To those who will mail me TWENTY-FOUR CENTS for my booklet, LEAVITT-SCIENCE, I will give a full, personal diagnosis—FREE. Case-sheet sent with booklet. This diagnosis will prove to you that I DO understand your condition, and that I CAN HELP YOU. WRITE TO-DAY. Address

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(Continued from page 98)

itself on record over its signature to this effect: "Nature put into the wheat berry most of the vital substances that we must have to sustain bodily health and strength. Ward's Homespun bread is a great natural food, made with milk and 100 per cent. whole wheat flour."

The Ward subscription to this statement will henceforth forever bedevil the millers of patent flour, who, through the trade journals devoted to the milling and baking industry, have been telling the misguided followers of the white flour abuse that whole wheat bread is a dream of freaks, faddists and fanatics, and as such will never be seriously considered by a modern baker in his right mind.

The writer had nothing to do with the Ward advertisement. He doesn't know who did. He doesn't care. That it makes public confession of a truth long concealed by professional millers and bakers from a brutally exploited public is enough.

What can the white flour millers say in answer to it? What can they do to offset its terrific force? Certainly they cannot ignore a situation so unexpected in its origin, so embarrassing in its significance.

Certainly the Ward Baking Company cannot afford to challenge the existing order of things in the milling and baking industry, in which millions of anemic dollars are devoted to the spreading of human misery under the protection of political pull and the tacit condonement of public officials, without being dead sure of its ground.

The Ward Baking Company has known from the very start that unless prepared from every angle to meet every criticism and to withstand every assault of the commercial and professional enemies of the wholesome thing it has espoused, it could look forward to nothing but disaster.

What will now become of the imitation graham loaves that have been doing the meanest kind of work throughout the United States during all these years in which the truth has been striving and struggling upward, through commercial handicaps and obstacles, into the light where a miseducated and misdirected public might at last see it and act upon it.

These imitation graham loaves made, as they are, from white flour of the usual low-grade, bleached variety, roughened up with a shovelful of bran and given a brown color with blackstrap or sulphited molasses, have not only failed to appeal to the palate, but they have actually repelled and disgusted the masses. Their very flavor suggests that they have been tampered with. Now they are shown up in all their wretched masquerade and must henceforth face a new standard of commercial dignity and honesty, made possible through a boldness of effort not usually associated with industrial conservatism.

Perhaps now, with the Ward initiative to back them up and give them courage,

our city boards of education will find the heart to tear down from the schools the wretched charts extolling the virtues of white flour, as distributed by the millers at the expense of human health, and substitute in their stead, for the benefit of the school children, the following lessons.

The prize donkey, like the prize pony and the prize horse, is often shown at Madison Square Garden and at county horse fairs upstate. It has a lot to tell children, and much more to tell children's parents. The prize donkey is fed right. The prize horse is fed right. They grow the way they should grow. Their muscles are full of tone and snap. Their teeth are perfect. What they eat goes into strength and vitality. Their food is natural food containing all the mineral salts that nature wants them to eat.

They don't eat white flour or stuff up with glucose syrups and penny candies. They eat whole wheat and whole oats and grass (real bread and real salads). Their resistance is high. No prize donkey or prize horse ever gets tuberculosis.

The prize cow at the dairy show eats natural food containing all the mineral salts that are sifted and bolted out of white flour. The prize cow gets all those wonderful mineral salts and colloids that unbolted and unbleached grains and green grasses contain. These mineral salts are just as necessary to the perfect development of human bones and human tissues, and to the composition of human blood, as they are necessary to the bones, blood, and tissues of the healthy cow.

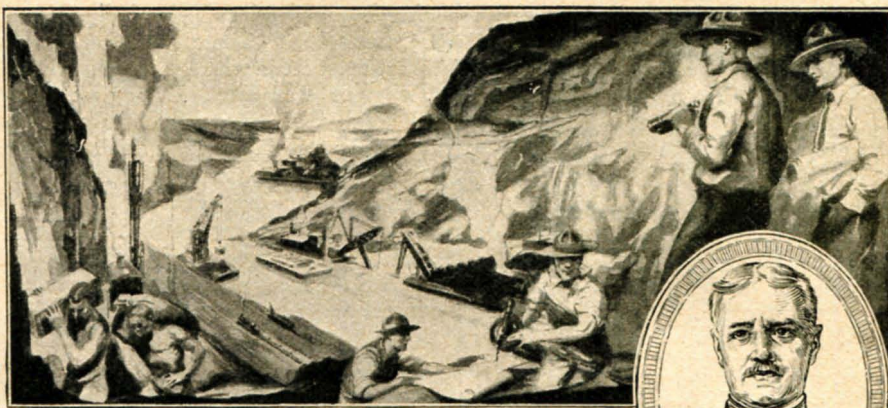
The ordinary dairy cow is not classed among the prize cows. She is not shown at exhibitions and fairs. She is not fed for strength, vitality, and high resistance. She is fed for a highly stimulated milk production. She is fed for functional excitement, not for true invigoration.

She is made to eat all sorts of commercial compounds and protein stimulants.

That's why her resistance is low. When one of the Borden Milk Company's superintendents put his horses on cow food, in order to cut down feeding expenses, the horses all went to pieces in three months. They lost their resistance. That's why so many hundreds of thousands of dairy cows have tuberculosis. Even grown-up people don't bother about this, but they would if they could only take the time to read "The Unsuspected, but Dangerously Tuberculous Cow," issued by the United States government as U. S. Bureau of Animal Industry Circular, No. 118.

The prize puppy at the dog show is not fed on artificially colored coal-tar sweets, alumed pickles, bleached crackers shortened with hydrogenated fatty acids, cookies made with sulphited molasses, denatured bread, pancakes soused with hydrolized cornstarch syrup, ethereal soda water—no!

This sort of food makes dogs mean and mangy; gives them rickets, scurvy and



Did YOU Ever Dream of Being a Great Canal Builder --

like Goethals?

THE greatest men are the greatest dreamers. In youth they look years ahead and picture themselves doing the big things that later thrill the admiring world. As boys—they imagine themselves directing the boring of gigantic tunnels underneath towering mountain passes. They see mammoth transoceanic ships—like floating castles—Leviathans—all creatures of their own creative brain. They see great ship canals—channeling through trackless jungles in spite of a thousand obstacles that had threatened failure.

All this they see in their youthful dreams. But at last it comes—the great day in which the dream comes true.

What Happened Between Dream and Success?

Did these men sit back and dream idly? No. No. They had the good judgment to know they must *prepare themselves* for their great chance. They began by determinedly taking the first step early in life.

The First Step to Success

One of the first steps to engineering success is DRAFTING—a knowledge of MECHANICAL DRAWING. Goethals—the builder of the Panama Canal—learned it. All great engineers and inventors learned it. Edison—John Hays Hammond—Steinmetz—McAdoo—all learned DRAFTING *early* in their careers.

But in their day no DRAFTING course existed that was not packed with theory and mathematical difficulties. It's different now. To-day the Columbia School of Drafting can teach you DRAFTING in from six to ten months in your spare time at home. Think of it—only 6 to 10 months on a study that can start you to success equal to that of Goethals. You may be the next Goethals. Destiny is *always* calling for such men but remember this—destiny calls only men who are prepared.

Columbia Course Is Easy

Hundreds of Columbia graduates are already started, equipped with the first essential of DRAFTING success—expert draftsmanship. These men, without special education, became DRAFTING experts in less than a year and are to-day employed at salaries ranging

From \$35 to \$100 a Week

One of them recently planned and laid out the famous Arlington Memorial Amphitheatre at Washington. Others have done equally well. *You can do just as well.*

When you start the course, we'll send you a complete MECHANICAL DRAWING outfit and a professional set of highest grade DRAFTING instruments to use throughout the course and after you become a professional draftsman.

At one time during the construction of the Panama Canal, it was thought that the project would have to be abandoned because of landslides in the Culebra cut. But Goethals, our greatest engineering genius stuck to his task and won.

Help in Finding a Job

We put behind you our Students Employment Bureau in helping you secure a position that will pay well. We have helped hundreds of our graduates and are regularly receiving requests for *more* of our trained draftsmen from some of the country's biggest industrial plants.

Even though Destiny may never call upon you to do the work of a Goethals—yet substantial advancement is always open to you. As you forge ahead from Draftsman to Chief Draftsman and from that to Engineer, to Production and Plant Manager and so on—you keep going on up the salary ladder until your income nets you \$15,000 a year and over. There's really *no* limit to what you can accomplish in this profession. The start is the thing that counts.

Don't say you haven't the education or the talent or the time. You have everything you need—as much and probably more than many of our most successful graduates had. Show that you have the determination to *start* on your career *to-day* by mailing the attached coupon *right now*.

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COLUMBIA SCHOOL OF DRAFTING
Dept. 1682
WASHINGTON, D. C.**

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Columbia School of Drafting,
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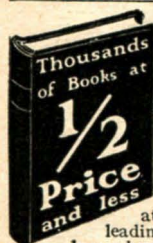
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other bone, blood and gland diseases of the same kind that so many human beings are cursed with. Even dogs have to obey nature's laws. If they are valuable dogs their owners will tolerate no nonsense when it comes to feed. That's why the best dog biscuits, like Bennett's, are made of whole wheat.

The prize rooster crowing his lungs out at the poultry show is never fed on polished rice, degerminated cornmeal, demineralized corn flakes, denatured cream of wheat, devitalized white bread.

The mineral salts are taken out of these refined foods. That's why they kill pigeons, white rats, guinea pigs, monkeys and chickens in from seven to nine weeks.

Yet children eat lots of them, and only too often the other things they eat do not offset the losses thus sustained. For this reason the teeth of America's school children are notoriously bad. Bad teeth are danger signals. They show that the whole body is being systematically robbed. Uncle Sam's scientists know this, but a great many mothers and fathers don't know it.

Barnyard fowls suffer from peripheral neuritis and other deficiency diseases when fed on the denatured foods served to children three times a day. On whole grains containing all the lecithins, nucleoproteids, mineral salts, and colloids that the millers take out of our white bread and breakfast foods they thrive and are happy.

Don Carlos Surely Was One Bad Egg

MR. FRANK W. JENKINS of Chicago, was kind enough to call attention to an error in Mr. Wiggam's article, "Should I Marry My Cousin?" Mr. Wiggam gracefully accepted the correction in the following letter. We make our editorial correction most suitably by publishing the same:

"I thank you very much for calling my attention to an error in my article on Cousin Marriages. Without looking the matter up, the moment you called my attention to it I was perfectly aware that Don Carlos was not king of Spain nor was he the great-grandfather of Richard the Third of England. Don Carlos, as I am perfectly well aware, did not leave any descendants.

"However, I beg to say that I did not write in the maze of ignorance of history which you prefer against me. I have a dozen times worked out the entire pedigree of Don Carlos and know it as well as my childhood school books. However, as one may even make a slip of the tongue in repeating the Lord's prayer, this also was merely a slip of the tongue. For the moment I was thinking not of Don Carlos but of Peter the Cruel, King of Spain, or rather of the Castile-Aragon principalities which were later merged into Spain. His pedigree is so exactly similar to that of Carlos, who was a roundabout descendant of his through an illegitimate brother, that as I wrote, although the records were lying on my desk at the time, I accidentally confused one name with the other. Their records and lives were so similar that this momentary confusion of mind is easy to explain, although evidence of carelessness.

"As to Don Carlos being one of the worst rulers of history, I was quoting from his description from memory, and was entirely right with the exception of the word "ruler," for which I should have used the words, "specimens of humanity," which is the precise description given to him by Dr. Woods, who

Do mothers expect the fixed laws of nature, which control the nutrition of donkeys, ponies, cows, puppies, and chickens for health or disease, to be suspended just because their precious little human kiddies are allowed to eat all the artificial and denatured foodstuffs that have grown out of America's miserable scheme of profit-making, with no thought for the teeth, bones, blood, tissue, and health of the child?

Are we going to have prudence, intelligence and fixed laws for the horse, ass, cow, sheep, dog, hog and hen, with a go-as-you-please, reckless indifference and thoughtless disregard of nature where the child is concerned?

If every child could get the lesson suggested above, the 17,000 grocers and delicatessen shops now prepared to put a backbone into New York's diet by providing Ward's Homespun whole wheat bread would be unable to supply the demand, and in a single year there would be no anemia, malnutrition or broken-down resistance among the school children of Greater New York.

In such bread prospective mothers will find a blessing, and nursing mothers will discover why, without such bread, motherhood so often becomes a tragedy, and why, with it, motherhood becomes the greatest thing in the world. When will the bakers of America see the light?

has spent years on the study of the Royal Families and is the chief living authority on them. My confusion of names is still further accounted for by this quotation from Dr. Woods, which I have often used in my lectures. 'It is significant to notice that the two worst characters in all modern royalty, Don Carlos and Peter the Cruel, should be also the two who have the worst pedigrees.' Richard the Third of England was descended from Peter the Cruel, which no doubt accounts for some of his bad qualities.

"I might add that Dr. Woods, himself read this article in print and did not notice the error from his own writings. Also that I have just received a letter from the head of the Bussey Institute of Harvard University highly commending the article as 'being one of the half dozen articles of a popular character on scientific matters which he has ever read that were not erroneous,' and states further, 'I think your article is very fine.'

"It might be further noted that the pedigree of Don Carlos which I give in the article cannot be impugned, as it is entirely in accord with the records and it has been approved by Dr. Charles B. Davenport of the Carnegie Institution, the highest authority we have on family pedigrees. Consequently while there is a slight, and wholly unnecessary confusion of names, which was merely a slip of the tongue, the record of Don Carlos and his ancestry is entirely correct and leads to the exact conclusions which the paper desires to enforce, the danger of cousin marriages in bad stocks.

"I notice that you speak of my stating that Don Carlos was "king of Spain." You are yourself in error on this point, as I made no reference to his having been the King of Spain.

"Thanking you for setting me right in this very minor item and for your interest in my articles, I beg to be

Very truly yours,
ALBERT EDWARD WIGGAM."

THE DANGER OF NERVE EXHAUSTION

By PAUL von BOECKMANN

The high pressure, mile-a-minute life of to-day, with its mental strain, worry, anxiety, grief and trouble, is **WRECKING THE NERVES** of mankind. This applies especially to people with highly active brains and sensitive nerves. Have your Nerves stood the strain?

The symptoms of nerve exhaustion vary according to individual characteristics, but the development is usually as follows:

First Stage: Lack of energy and endurance; that "tired feeling."

Second Stage: Nervousness, restlessness; sleeplessness; irritability, decline in sex force; loss of hair; nervous indigestion, sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis, rheumatism, and other pains.

Third Stage: Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and in extreme cases, insanity.

If only a few of the symptom mentioned apply to you, especially those indicating mental turmoil, you may be sure your nerves are at fault—that you have exhausted your Nerve Force. It is positive your nerves are at fault, if you feel generally depressed, tired and ailing, though repeated medical examinations fail to show definitely that some organ is involved. In such cases the decline in organic power is due to subnormal nerve power.

I agree with the noted British authority on the nerves, Arthur T. Schofield, M. D., the author of numerous works on the subject, who states: "It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

Submit your case to me, and I shall tell you definitely the exact nature of your weakness, and whether I can help *YOU*, as I have helped over 90,000 men and women during the last thirty years.

I am a *Nerve Specialist* and *Psychoanalyst*, besides being generally experienced in all sciences pertaining to the Body and Mind. I have treated more cases of "Nerves" than any other man in the world. My instruction is given by Mail only. No drugs or drastic treatment are employed. My method is remarkably simple, thoroughly scientific and invariably effective.

Positively no fee is charged for a "Preliminary Diagnosis" of your case, and you will be under no obligation to take my course of instruction, unless you wish to do so. Do not explain your case in your first letter, as I shall send you *special instructions* on how to report your case and how to make certain "nerve tests" used generally by Nerve Specialists. I shall also send you *FREE*, other important data on the subject which will give you an understanding of your nerves you never had before.

I have studied the health problem for more than 30 years from every angle. Far over a million of my various books on Health Subjects have been sold all over the world during this time, and as a result about 300,000 people have written me in detail describing their weaknesses and experiences with different methods of treatment they applied. I am more convinced to-day, than ever before in my life, that nerve weakness (*Neurasthenia*), is the basic cause of nearly every ailment of civilized man and woman. Other weaknesses are simply the **result** of weak nerves. I have learned further, that worry, grief, anxiety, mental strain, and of

course, sex abuse, are the basic cause of nerve weakness.

I ask *YOU*, how can we reason otherwise? Is not the Nervous System the great governing force of the body, the force that gives Life and Power to every organ, every muscle and cell? When the Nervous Forces are depleted through strain, how can the vital organs, muscles and other tissues retain their power? **It is impossible.**

The power of the nerves is infinitely great for good or evil. So great is this power that a tremendous nerve strain, as for instance, intense fear



PAUL VON BOECKMANN

Author of *Nerve Force* and scores of other books on Health, Psychology, Breathing, Hygiene and kindred subjects. Over a million of his various books have been sold during the last 25 years.

Prof. von Boeckmann is the scientist who explained the nature of the mysterious Psychophysical Force involved in the Coulton-Abbott Feats, a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of *Physical Culture Magazine*.

or anger, may cause instant death through bursting of a blood vessel. A less intense nerve shock will cause the cheeks to pale or become flushed with blood. It can make the heart beat wildly and paralyze breathing. It can make cold sweat break out over the body, and make the knees tremble and become weak. It can paralyze the digestive powers in an instant. Long extended nerve strains of even mild intensity will undermine the mind and body of the **strongest man or woman that ever lived.**

Nerve force is a dangerous power when uncontrolled. If controlled, it can be made to give us Strength, Health, Character, Personality, Success and Happiness. **It is the greatest force of all bodily forces.** My life's work consists of teaching how to control the nerves and attain through them all that life can give.

My success has been phenomenal. If you will write me, you will receive authentic records of cases of Nerve Exhaustion I have corrected, which have never been equalled in the history of medical practice.

You should read my book on this subject, entitled *Nerve Force*. If you do not agree that it is the most instructive book you have ever read, return it and your money will be refunded plus your outlay of postage. The cost, prepaid, is 25 cents (coin or stamps preferred). I have advertised my books and courses of instruction in this magazine for more than 20 years, which is ample guarantee of my responsibility and integrity.

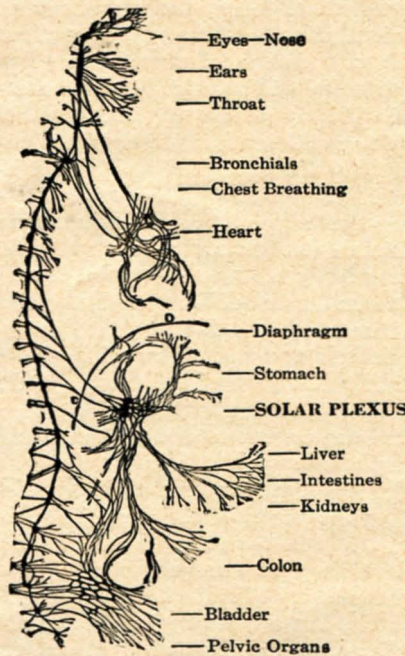


Diagram showing the location of the Solar Plexus, known as the "abdominal brain," the great center of the Sympathetic (Internal) Nervous System. Mental strains, especially grief, fear, worry and anxiety, paralyze the Solar Plexus, which in turn causes poor blood circulation, shallow breathing, indigestion, constipation, etc. This in turn clogs the blood with poisons that weaken and irritate the nerves. Thus mental strain starts a cycle of evils that cause endless misery, aches, pains, illnesses, weaknesses and generally lower mental and physical efficiency

PAUL von BOECKMANN

110 West 40th Street, Studio 11, New York, N. Y.

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—is a true facial invigorator and tonic prepared for men. Two minutes' use brings the red blood tingling to the surface, removes that oily, sallow appearance and leaves the skin clean, clear, firm and with healthy color. It invigorates and hardens the facial muscles and promotes an alert, forceful expression. A sixty-day treatment—with money-back guarantee—will be sent to you for a dollar bill.

Manhood Commands Admiration

Men and women all admire the man whose face shows the clean vigor of perfect health. Stag is made for you men who want to be one of those ruddy, forceful, hard-hitting fellows who are always so popular. Send your name, address and a dollar and it will come to you by return mail—fully guaranteed.

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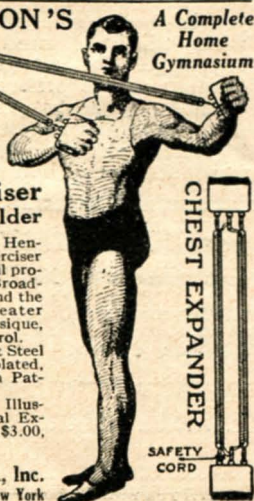
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Who Are the Quacks?

(Continued from page 36)

the medical men of that period, until in disgust he left Rome and returned to his native Pergamos. Later he was summoned by Antoninus to accompany him on a military expedition, and afterward became the physician of the Imperial family.

Thus it appears that medical bigotry and intolerance, professional jealousy and hate, have gone hand in hand with the development of the Healing Art from time immemorial; and knifing therapeutic colleagues has ever been a favorite pastime with the gentlemen who neglect no opportunity to laud the "nobility" of their calling. As time went on, the Allopaths, like all monopolists, waxed rich, and in common with other rich folks, were very influential with governments. With political power added to their superstitious control over the minds of the masses, they were able to build up a system which up to the present has been practically impregnable. It had in it the absolutism of kings, the slavocracy of medieval priest-craft, and the plunderous graft of modern commercialism. Entrenched behind this triple-barred fortress, members of the Allopathic school were in position to wag their heads derisively at the exponents of other therapeutic systems. They christened themselves the "regulars," and all others were faddists, cultists, and "quacks"; the last named being the favorite epithet for all dissenters from Allopathic faith and practice, and has been applied indiscriminately and with equal ictus to the scholarly founders of the Homeopathic and Naturopathic schools of thought, and the illiterate vendors of hair tonics and corn plasters.

One might suppose that the Allopaths in the full security of their superior position, would be content with verbal jibes and revilings at the quacks, and that they could even afford to be good-natured about it; but the history of quack persecutions at the hands of Allopathic authorities for the past hundred years, seems to imply that for all their boasted superiority and strength, the "regulars" stand in constant dread of dispossession by the despised "quacks." Witness their frenzied efforts at suppression of the latter, not alone by public fulmination and ridicule from platform and official medical journals, but by compulsory laws, and so long as public opinion would tolerate such instruments, by thumb-screw and fagot, which bigotry has always carried for non-conformists. In Wilder's "History of Medicine," page 272, we read: "In Germany, as in America, there arose in the earlier years of the nineteenth century a movement among the less scholarly but more numerous grade of physicians to suppress rival modes of practice by arbitrary measures."

The first to feel the fires of persecution in this movement, were the exponents of

Homeopathy and Natural Therapeutics, the demonstrated efficacy of whose methods had won them many adherents in the latter part of the eighteenth, and early part of the nineteenth centuries. Hahnemann, the founder of the Homeopathic school, was forbidden to prepare or dispense his own medicines, was finally driven from Leipzig and took up his abode in Paris in 1835. His disciples continued to be fined and imprisoned in Germany and other European countries, and when they crossed the Atlantic—which they did in 1825—they met the same chilling hostility in America. Their efforts to found Homeopathic schools and colleges to spread the new doctrine were blocked by flocks of Allopathic birds which they found perched in every State capitol, ready with sharpened bills to peck to death every therapeutic innovation; the same flock which later met the Osteopathic applicants for legislative license, and which are not pecking so furiously at the petitioning Chiropractors. Even so dignified and important a personage as the head of the New York Neurological Institute, told the writer he had taken the time from his busy life to go up to Albany a few years ago, in company with other eminent "regulars," to help defeat a bill before the New York Assembly for Chiropractic State licensure. "And if you could have seen the bunch of illiterate ignoramus who were there to push that bill!" exclaimed the head neurologist, as an expression of unspeakable disgust spread over his broad face.

It did not seem to occur to this eminent neurologist that he and other opponents of Chiropractic licensing, were chiefly responsible for the illiteracy and ignorance of individual Chiropractors, which unquestionably exist, and may work harm in some instances—though whether more than frequently is wrought by Allopathic blundering, is questionable. Certainly, the most illiterate Chiropractor could not display more ignorance of practical dietetics in the treatment of disease, than was displayed by this same head neurologist in a memorable case of which the writer had personal knowledge. Be that as it may, it is obvious, that but for the powerful opposition of the Allopathic school, Chiropractors would long since have received the same authority from the State to practice their method that is accorded the exponents of other therapies, and with the license some safeguarding provision requiring a certain amount of academic and medical training. Thus would be insured to the Chiropractic physician as good a knowledge of English and miscellaneous subjects as is owned by the average Allopath, and at least a workable knowledge of anatomy, physiology, and hygiene, which undoubtedly every one who essays to treat the human body should possess.

But the question which presents itself to the wondering layman, is: Why should these skilled and learned medicos get so wrought up over the ignorant doings of illiterate quacks? Do they feel that charlatanry is more potent than science? Or do they fear that a closer acquaintance with quack methods might reveal to a disillusioned public their startling similarity to those of the Regulars? In recent years the Homeopath and Naturopath "quacks" have been accusing the Allopaths of "stealing their thunder" and incorporating it into allopathic practice; and the following from "Modern Medicine" by Dr. William Osler, in the Encyclopedia Americana, appears to support the accusation (the italics are mine): "The new school does not feel under obligation to give any medicines *whatever*, while a generation ago not only could few physicians have held their practice unless they did, but few would have thought it safe or scientific. Of course there are still many cases where the patient or the patient's friends *must be humored by administering medicine or alleged medicine* where it is not really needed, *except where the buoyancy of mind which is the real curative agent*, can only be created by making him wait hopefully for the expected action of the medicine; and some physicians still cannot unlearn their old training. But the change is great. The modern treatment of disease *relies very greatly on the old so-called 'natural' methods, diet and exercise, bathing and massage*,—in other words giving the natural forces the fullest scope by easy and thorough nutrition, increased flow of blood, and removal of obstructions to the excretory systems, or the circulation in the tissues. Take for example, typhoid fever. A century ago it was treated with bleeding, blistering, vomiting and purging, the administration of mercury and antimony, and plenty of other heroic 'remedies.' Now the patient is bathed and nursed and carefully tended, but rarely given medicine. This is the result partly of the experiments of the Paris and Vienna schools in the action of drugs, which have shaken the stoutest faiths; and partly of the constant and reproachful object-lesson of Homeopathy. No regular physician would ever admit that the homeopathic 'infinitesimals' could do any good as direct curative agents; and yet it was perfectly certain that Homeopaths lost no more of their patients than others. There was but one conclusion to draw,—that most drugs had no effect whatever on the diseases for which they were administered." Who are the Quacks? And what do they more than the Regulars?

The late Dr. Osler was the world's greatest authority on drugs. He was professor of Materia Medica at Johns Hopkins for several years, and then held the same chair at Oxford University, England. His books on medical practice are in use in every university and medical school in English-speaking countries.

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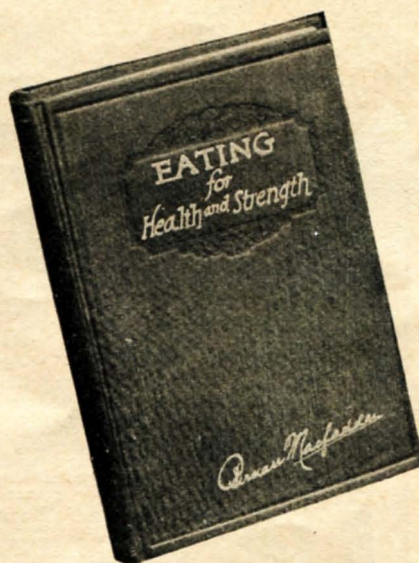
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Yet the expression of the views just quoted should have earned for him the position of "honorary vice-president" at least, in every organization of drugless physicians in the world!

Dr. Osler's statement, however, contains several notable errors: It is not true that "most drugs have no effect whatever" on the human system, as most of them have a very baneful effect; and the records prove that Homeopaths lose fewer of their patients than the Allopaths. Also, the credit for the hydropathic treatment of typhoid fever belongs, *not* to "the experiments of the Paris and Vienna schools," nor even so much to the Homeopaths, as to the pioneers in Nature Cure practice in Germany, Switzerland, and elsewhere. Lindlahr says: "For thirty years Priessnitz, Bilz, Kuhne, Father Kneipp, and other pioneers of Nature Cure, were persecuted and prosecuted, dragged into courts and tried on charges of malpractice and manslaughter for using their sane and natural methods. Not until Dr. Braun of Berlin,—a German Allopath with the courage of Dr. Osler—"wrote an essay on the good results obtained by the hydropathic treatment of typhoid fever, and *it had in that way received orthodox baptism and sanction*, was it adopted by advanced physicians all over the world."

Notwithstanding the tribute to Homeopathy in the practical abandonment of drug-baiting by the Allopaths—a tribute grudgingly given and never acknowledged—we need go back no further than to William James, to see the sneering attitude of the "regulars" toward the disciples of Hahnemann.

In an address before the Committee on Public Health, delivered at the State House, Boston, March, 1898, James said: "Homeopathy, now nearly a century old, has an enormous mass of experience—both of Homeopathic doctors and their patients, in favor of the efficiency of their remedies and doses. But the regular profession stands firm in its belief that such experience is worthless, and that the whole history is one of quackery and delusion. . . . How many graduates, recent, or early, of the Harvard Medical School have spent 24 hours of their lives in experimentally testing homeopathic remedies? Probably not ten in the whole Commonwealth. How many of my learned medical friends, who today are so freely denouncing mind-cure methods as an abominable superstition, have taken the pains to follow up the cases of some mind-curer, one by one, so as to acquaint themselves with the result? I doubt if there be a single individual. . . . When I was a medical student I feel sure that any one of us would have been ashamed to be caught looking into a homeopathic book by a professor. *We had to sneer at homeopathy by word of command.* Such was the school opinion of that time, and I imagine that *similar encouragements to superficiality in various directions exists in the medical schools of today.*" (Italics

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mine.) No greater praise can be accorded William James, than that not even the narrowing and deadening influence of a *medical training* could dim his clear vision, or blunt his passion for philosophic truth.

Before leaving the subject of Homeopathy, we may remark in passing, that whatever the future history of drug practice in the treatment of disease, the recent discoveries by Sir Wm. Bragg of England and Dr. Millikan of Chicago concerning the "electron theory," together with the growing recognition of a truth long held by Nature Cure teachers,—that *the cell, and not the organ is the pathologic unit of the body*, seem to show the superior scientific insight of the Homeopaths in *adapting the size of the dose to the size of the patient*.

Perhaps the class of "quacks" in modern times who have been the objects of the most virulent allopathic jeers and fears, are the "mind-curers" of one kind and another, Christian Scientists, New Thoughtists, Psycho-analysts and other mental therapists. And paradoxical as it appears, these are the ones of all others, for whom the Regulars should have greatest tolerance, since the element to which they appeal is likewise the chief element in successful allopathic practice. The sick lady who provoked a smile of derision from her relatives by declaring it made her feel better to watch her doctor walk across the room before he had time to take her symptoms or prescribe, was in reality giving expression to a scientific fact, which is the crux of all mental healing. She *believed* in her family doctor, and her strong faith that help was at hand took the "fear poison" out of her circulation, soothed her nerves, and created that "buoyancy of mind" which Osler described as "the real curative agent." When the Allopaths lose this psychologic aid to their otherwise blundering technique, they will have to go out of business. Then their only refuge from the quacks will be to join their ranks, and if they have no preference—and are not too scornful of lay advice—I would suggest they join the Naturopaths, if they wish to get aboard the real therapeutic band-wagon!

But what of the Allopaths themselves in their own chosen field? Is their record so fair and are their skirts so clean according to their own standards, that they have so much time and zeal for hurling stones at the various quack broods, meaning by those the non-allopathic cults? The Citizens' Medical Reference Bureau, (145 W. 45th St. N. Y.) puts the number of adherents to the non-allopathic systems of healing in this country at "well over fifty per cent. of the population;" and in view of the insistent and incessant denunciation by the "regulars" of everybody who disagrees with their theories, it may not be amiss to call them to stand at the bar of all this dissentient opinion for a while, and before the judgment of the great neutral lay mind, to answer for the crimes and misdemeanors committed

under the sign and seal of Allopathic procedure.

There was issued from the Mitchell Kennerly press in 1910 a book entitled, "Medical Chaos and Crime," by Norman Barnesby, a physician of the highest standing and an Allopath of the straightest regulation pattern. Although born in England, Dr. Barnesby received most of his education in the United States. A graduate of Rush Medical College, Chicago, he took a degree in Post-Graduate Surgery at the N. Y. Polyclinic, was licensed to practice in Illinois, Colorado, and New York, was surgeon to the Out-Patient Department of the New York Hospital, assistant attending surgeon at the Washington Heights Hospital, the N. Y. Red Cross Hospital, also connected with the Hospital Reserve Corps, U. S. A., and with the U. S. Public Health and Marine Service. Dr. Barnesby was therefore in a position to know whereof he writes, and his book is a most lurid indictment of the "ignorance, incompetence, commercialism, and criminal indifference" (I quote his own words) of prominent members of his profession, with a view to correcting the abuses which "degrade and disgrace" what he still fondly believes to be a "noble and honorable calling." He cites numerous quotations from well known authorities in support of his accusations which are made apparently more in sorrow than anger, and the temper of his book—which bears every internal evidence of truth—may be gauged by the following extract from the preface:

"Those whose cases are cited as examples of the abuses I have set forth are dealt with leniently, their identity being hidden under fictitious initials and in some cases under a fictitious place of residence. For I see neither reason nor justice in stirring up personal animosities by exposing a few culprits, when *thousands—not hundreds—of the profession are equally guilty*. Nor do I wish to give sorrow to the bereaved friends of the many victims I have dragged forth, as it were, from their long sleep to serve in this very public, and necessarily spectacular clinic. In short *I am attacking a system*, a social condition for which we are all partly responsible,—doctors and laity, scientists and charlatans, law-makers and law-breakers. Particularly do I wish to stigmatize *the spirit of false ethics and infallibility that the medical profession alone has preserved intact*, a memorial of the myths and inhuman practices of our medieval prototypes. Too many lives have already been sacrificed upon the altar of medical pretension and sham, and what one man could estimate or depict the awful harvest of suffering and blood that we as a nation are reaping from our criminal apathy in allowing an organization of men, as fallible as those of any other profession, to acquire an irresponsible power of life and death over millions of helpless human beings?"



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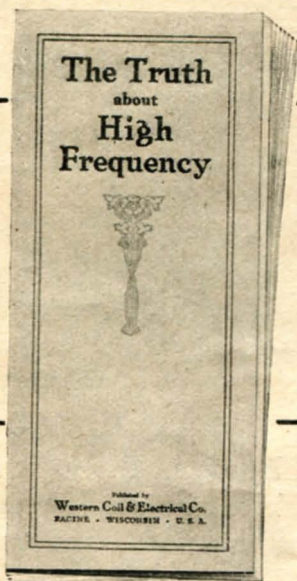
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Space does not permit copious citations from Dr. Barnesby's chapters of allopathic horrors within the limits of this article. But from the long list of malpractice cases—which he says are but a tithe of those he *could* have cited—comprising: operating on pregnant women for fibroid tumors; removing the wrong kidney, sewing it back and removing the other while the patient slept the perilous anaesthetic sleep; cutting out perfectly healthy appendices and prostate glands when nothing else offered as fair game for the surgeon's knife; and experimenting on aged persons with new and difficult surgical stunts, thus robbing them of their few remaining years of life,—from all these and many more I have selected two instances which are fairly typical of the rest:

"Surgeon M., U. S. A. retired, was for many years a prominent physician and surgeon in one of our seaport cities. In the days of dirty hands, wooden-handled instruments, and 'laudable pus,' he had been considered a skillful operator, and he saw no reason for modernizing his antiquated methods. It was his boast: 'You fellows wash your hands before operating, but I wash mine afterwards.' All this was *etre nous*, of course, though had it been otherwise it would have had little effect on his large practice both civil and military, since he had all the advantage of age, whiskers, and a full surgeon's shoulder straps. To illustrate Dr. M.'s methods, I will describe an appendical operation he performed on a fine athletic young man. It was what is called a 'clean' case; i. e. one in which the appendix is inflamed but without abscess or pus formation. When the assistants and nurses had prepared the patient for operating, had got their hands, instruments, etc., in a state of the most scrupulous surgical asepsis, the old doctor walked into the room, his unwashed hands in his pockets, and a disdainful smile on his face as his eye took in the careful preparations. He refused to have his hair and whiskers bound about with gauze—as all the others had done—but as a concession to the head nurse, he dipped his hands perfunctorily into a basin of antiseptic solution, but without cleaning his long dirty finger-nails. He then donned a smock, took up a knife and was ready for business. The modern method of separating the muscular fibres of the three layers covering the abdomen, instead of cutting directly through in the same plane, known as the McBurney method, did not appeal to Dr. M., who cut his way with a sawing movement right through everything down to the peritoneum. The younger surgeons present shuddered at this needless mutilation, but medical ethics and official respect closed their mouths. When the peritoneum was opened and the intestines exposed, the venerable surgeon laid down his knife, pulled his smock to one side, and drew from his hip pocket a plug of tobacco with his bloody hand. Biting off a piece,

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he offered it to the others who declined. As he replaced his tobacco, a nurse hastened forward with a basin of antiseptic, but the doctor readjusted his spectacles, waved the girl back to her station, and plunged his contaminated fingers into the gaping wound to feel for the appendix which he soon found and drew to the surface. He cut through its mesenteric attachments without tying the bleeding vessels, and then severed the appendix without making the slightest effort to prevent the intestinal contents from escaping into the peritoneal cavity. When he had tied the stump of the appendix, he pushed it back into the abdomen along with its bleeding and unsecured vessels. The doctor now scratched his head with his bloody hand, and then closed the abdominal wound with silver wire, and completed this barbarous performance with a dressing of vaseline! As might have been expected, the results were bad. The patient's great vitality prevented general peritonitis, but he nearly died from concealed hemorrhage owing to the untied blood vessels, which twelve hours later necessitated re-opening the wound. The patient made a lingering recovery, after weeks of misery, whereas a clean operation would have put him on his feet in seven days."

Would any "quack" doctor like to compare notes with this "eminent surgeon"?

The usual plea advanced by the "regulars" for their unceasing and relentless war upon quackery, is that they wish to protect the public; and we are all familiar with medical solicitude for the public weal where it involves a question of medical fees, as for example, compulsory vaccination in populous centers. But if the reader would like some light on medical concern for the portion of the sick public treated in charity hospitals, he should read Dr. Barnesby's chapters on "Hospital Abuses." I quote one instance:

"A poor woman who had manifestly known better days, brought her little twelve-year old daughter to the free clinic to have a thick splinter removed from her foot. It had been in for some time, having worked its way down gradually past the ankle and come to a standstill under the skin of the instep, and was extremely painful. Dr. F., a big man with a harsh voice, made the little girl climb onto the table, and began an examination of her foot. Some pain is unavoidable in such examinations, but Dr. F. is not noted for gentleness even with children, especially if they are charity patients. So he manipulated the swollen tender instep this way and that, and kneaded it vigorously, the child enduring this part of the ordeal more bravely than the average grown-up would have done. At last the doctor located a hard linear body beneath the swelling, and called for a knife. When the child heard this she turned white and looked appealingly from the callous

surgeon to the students who stood about the table, in whose faces she read pity. One of these plucked up courage to suggest the use of cocaine. "Too much trouble," growled the surgeon. "Anyway I don't need it." The student subsided into his proper place and was assigned with two others to hold the little sufferer on the table while the great man operated. The vivisection began with a deep transverse incision across the instep down almost to the bone. The child cried and writhed in agony, but still made a pathetic effort at self-control; but when the doctor laid aside the knife for a pair of dissecting forceps and began prodding between the exposed and quivering tendons, she could bear the torture no longer, and for the next five minutes her screams were continuous. Several first-year students not yet hardened to such scenes, left the room. At last the search was successful, the foreign body was caught in the jaws of the forceps and extracted. The rest was comparatively humane, the student who dressed the foot spoke soothingly to the little patient, and when her sobbing had about ceased, he assisted her to the street." Yet charity hospitals are the recipients of rich donations from wealthy philanthropists who think thereby to secure as good treatment for the poor as for well-to-do patients!

And what is organized medicine's answer to this and all other honest criticism, by friend or foe? The truthful statements in "Medical Chaos and Crime" when the book came out, were branded as "scurrilous libel" of a "noble profession," and its author denounced in all the principal hospitals and medical schools in terms epitomized in the statement issued from the New York County Medical Society: "A sufficient answer to all these scurrilous charges, is, that they come from a man willing to blackguard his own professional associates. Nothing more need be said."

Dr. Barnesby was hounded out of the profession, and finally driven into retirement at his home in Scarborough-on-the-Hudson, where he still lives, a warning to all would-be reformers of the allopathic system. More recently, Dr. James P. Warbasse, a Brooklyn surgeon of acknowledged skill and highest character—and without the smell of "irregularity" on his garments—was expelled from two medical associations for saying on the floor of one of them (what they all knew to be the exact truth), that "the poor do not receive the attention in endowed hospitals to which they are entitled."

And yet these are the gentlemen who are playing for unlimited public confidence; who are constantly petitioning legislatures, State and National, to standardize their theories and their methods, and ram them down the unwilling throats of the public. And will they succeed? I wonder.

Or will they ultimately learn the expediency of further stealing the thunder of the naturopaths?



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W. N. SHARP

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The Bank Burglar Got Away With It

(Continued from page 35)

morning near death from the loss of blood. She hastily summoned help, the sheriff responding and taking the situation in at a glance. The gun on the floor, bottle of nitro-glycerine, wedges, drills, told the whole story. They took him to a hospital and notified the police. When he recovered he was removed to the county jail, where for the first time he was photographed and fingerprinted.

Post Office Inspectors thought they could connect him with bank and post office robberies in South Carolina, so they told Ford to get ready for a trip to Charleston. They put leg irons on his ankles, handcuffs on his wrists, and away the deputy marshals started down the seaboard to Charleston. Before the train had rambled two hundred miles he had so thoroughly acted the part of innocence abroad by his talk, his candy eating and his general demeanor, that he absolutely convinced the deputy marshals that he had no desire to escape and would not run away if he had the chance to do so. He had never been arrested before, he told them, therefore he had nothing to fear. He kept up this pose all the way down the coastline on the way to Charleston. He knew every inch of the road, many times having walked the ties that he was now riding over on his way to jail. Thirty miles out of Charleston he told the guards that he wished to go to the toilet. They removed the leg irons, led him to the toilet with the handcuffs on, opened the door for him, shut it again, and waited. What a wait. Ye Gods what a long wait! The Atlantic Coastline Flier makes seventy miles an hour between Monks' Corner and Charleston. The marshals probably reasoned that no man would take a chance jumping from a train going at that rate of speed. It would be courting death.

But Ford had jumped, handcuffs and all, and landed on his feet without a scratch. That was where his physical fitness stood him in good stead. In that effort he required supreme physical and mental coordination. His muscles and nerves responded and stood by him in the test. The benefits of his years of physical training carried him through his hazardous undertaking. Possibly you think I am exaggerating the difficulty of this feat. If you think so, try it. I know at least five or six who have tried it, including yours truly. I broke my ankle and fractured my skull. No whiskey drinking, cigarette smoking, physically incompetent bank burglar or anybody else could do such a stunt as Ford did it. Eddie Conley, while being extradited from Canton, Ohio, to Philadelphia, jumped from a train on the Pennsylvania Railroad, but they picked him up in a basket, piece by piece. New York Dutch on his way to the Illinois State Prison at Joliet, jumped from a train and had both

legs cut off. That's what one may expect.

Ford was an athlete. He made the jump as easily as you or I would step from an automobile to the sidewalk. It was simply a case of a healthy, well developed body responding to a mind that was working like a rapid fire gun. Perfect nerve and muscle response, that's all. That's the thing that distinguishes a Jim Thorpe from an "also ran," a Babe Ruth from a "bush leaguer." It is just those things that enable a Zbyszko at forty-two to become a world's heavy-weight wrestling champion and to pin to the mat the shoulders of men ten and twenty years his junior.

Ford never traveled the primrose path to the sound of lutes. His was a clean life, and a clean sound body was his hobby. I have frequently thought what a wonderful success he would have been as a business man. He had all the attributes (eliminating his criminal tendencies). He realized that to be successful in life, even as a bank burglar, he had to be physically fit. Every day he lived his life so that he would be fit to cope with any situation that might arise. When the big moment came he went at it with the faith and confidence of a man who is sure of himself, the faith and confidence that is known only to the athlete.

He was the cleanest living fellow I have ever known, bar none. He had the most profound respect for women. The story of the robbery of the Spring Hope bank will best illustrate this. There were four of us on the job, Eddie Portland, Ford, a big uncouth New York tough, known as Billy Swipes, and I. It was the first and the last time that Swipes was ever out on a job with us. The robbery occurred in January or February of 1905. It was one of the toughest jobs I have ever been up against. We started to work at one in the morning, and ordinarily we should have finished the job at two-thirty, but unfortunately we were still blasting away at four in the morning, having made thirty-six explosions on the automatic time lock safe. Ford and I were inside doing the blasting. Portland and Swipes were outside doing sentry duty. Suddenly Swipes flashed the signal to stop work. Ford and I went outside to investigate. Swipes advised us that a party of boys and girls was coming down the street. We told him to let them go by if he thought they hadn't seen him. After giving him his orders Ford and I returned to the vault to prepare another shot on the safe. We were just about to light the fuse when our attention was directed to the front of the bank. We stopped work, listened for a second, heard a woman's high-pitched nervous voice, and then realized that the outside men had held up the homeward bound party of young folks who had been to a dance. So Ford and I once more pro-

ceeded to the front of the bank. We found two very nice looking young girls about nineteen with two clean-cut young fellows of the same age. The girls were extremely nervous, the fellows were worse. Swipes had his arm around one of the girls. I went over to where he was standing with her, to tell him to take his arm from around the girl's waist. He was looking at the girl with a hungry glare in his eyes. Finally he muttered something about what he was thinking of doing with her. Ford was over at him no sooner than he had spoken the words. I can recall almost everything that Ford said, because they were the things that I would have said, that any manly, red-blooded fellow would have said, were he bank burglar or bank president. Ford's eyes were ablaze with anger and indignation. He grabbed Swipes, who weighed nearly two hundred pounds, by the neck, and yanked him away from the girl, at the same time sticking his gun into Swipes' stomach, saying, "You dirty yellow dog, where do you think you are? No game fellow ever attacks a defenseless woman. I'll blow the top of your head off if you lay a hand on that girl. It's bad enough to have the whole town after us for the robbery of this bank, without the additional charge of rape." Ford turned to me saying, "How about it Jack, aren't those your sentiments?" Of course I was with him up one side and down the other on that subject, and I told Swipes that he could figure on my taking a shot at him too, if he made any advances to the girl.

That was the end of Swipes as a bank burglar, for we never took him out with us again. The last I heard of him he was doing ten years in Sing Sing for house burglary. Ford hated him and would never have anything to do with him after the Spring Hope job.

But, to continue our story, the girls, hearing our conversation, felt more at ease when it was finished, for they knew that neither Ford, Portland nor I would tolerate any rough stuff on the part of Swipes. Swipes was boiling mad, but said nothing. The young ladies offered Ford their hands and thanked him in trembling, grateful voices. Ford and I took the fellows and girls into the bank to tie them up, Ford very courteously inquiring of the girls which young man they each laid claim to, and added, "I don't like to tie you girls up, but I am compelled to as a matter of self-preservation, in order that we may get out of town before you can give an alarm. I will tie you with your beaux in chairs side by side. Be nice and quiet, and you will be treated all right. Please forget about our friend outside, he is a little wild." He reached for his "kit," taking out the peanut candy which he gave to the girls.

The court-house clock tolled the hour of five that morning as we wended our way out of town. At six or thereabouts day would break. We had very little time in which to make our getaway. Three miles out of the village we stopped and



"A Roman general led a campaign against the Scythians, and, thinking to amuse himself at the expense of the barbarians, loosed some captive lions against them. The Scythians, taking the lions to be a new kind of dog, promptly killed them with sticks."—Oswald.

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made a division of the spoils which totaled approximately nine thousand dollars, a small haul. Swipes and Portland went their way; Ford and I went ours. We had walked about three miles when (to quote Shakespeare) "Jocund day stood tiptoe on the misty mountain tops." We went under the cover of woods to await the coming of night. We alternated keeping watch and sleeping. While Ford slept three or four hours I watched. When I slept he did sentry duty. About three in the afternoon a posse discovered us, fifteen or twenty citizens heavily armed with shot guns and Winchesters.

Our reply to their command of "Hands up" was a volley from our automatics. In the gunning match I was shot. We managed to get away from the posse for possibly an hour or more, during which time I tried to persuade Ford to leave me to my fate. I had a terrible time getting him to go, for there was none of the quitter in that boy. He was game to the core. I pointed out to him that it was silly to remain with me and jeopardize his own life and liberty, since it was inevitable that I would be captured because of my condition. At last he saw the sense of my argument, and with tears in his eyes he left me. I staggered out from the woods to the country road where I collapsed from the loss of blood.

The posse came on me cursing and swearing. I was sufficiently conscious to hear and understand all that was being said and done. I observed that the spokesman of the bunch, a great big raw-boned farmer, carried a rope. Within a few minutes they were joined by four other citizens who drove up in an automobile. One of them I subsequently ascertained was the sheriff. "Ha, ha," said the strong arm of the law, "nicked one of the birds, eh boys? I wonder if he is the dirty devil that had evil designs on my Gracie."

I had pretty definite visions of a lynching party, a mental picture of myself dangling at the end of a rope, bullets easing their way into my frame, and then a trip into the Great Beyond for the last Great Adventure. That was my last thought as I lay there on the ground. When I came to, a doctor was at work on my wounds, having stopped the flow of blood and given me a drink of whiskey which revived me. Then began the journey back to — and the jail. On the way back one of the posse became quite chummy, grew confidential in fact, told me a very nice story which in substance was this: The young lady whom Swipes had insulted at the bank was the sheriff's daughter. She had told her father all about her experience. If it so happened that I was that fellow, why then I could kiss myself good bye, for there was going to be one hell of a time when they got me back to town.

His story cheered me, and he was rather perturbed when I smiled. "Don't laugh pardner, this ain't no laughing matter. If I was in you-all's boots I sure



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would be doing a mess of praying." He didn't understand why I smiled.

I smiled because the vision that I had of myself dangling at the end of a rope was exploded by his narrative of what they were going to do with me if the sheriff's daughter declared me to have been the man that tried to attack her. Since I had protected her, why I knew there would be no lynching. Believe me, that was some mental transformation, too. One minute the thought of a toe dance at the end of a rope, and bullets breezing into your body, and then in the next to realize that it was only an illusion—that's covering too much territory in one hour. I like speed, but that's just a trifle too fast for me. Such experiences, however, are educational; one has a deeper, finer understanding and appreciation of life after recovery from them.

The jail at last. Two girls came running up to the automobile as we drove up to the curb, one of whom was "Gracie," the sheriff's daughter, and whom I recognized instantly. She too recognized me the moment our eyes met. There was a look of understanding and pity in her eyes. "Oh Papa," she screamed at the top of her voice, "this is the nice gentleman that protected me." The words were sweet music to my ears. Right then and there I stepped from the abyss of despond and conjecture, up to the heights of peace and contentment. It was a fine feeling. When she learned that I was shot, woman-like, she began to cry. That sympathetic urge, one of the really beautiful things of womankind, dominated her. She became as tender and as solicitous as could be. I was removed to the jail adjacent to the sheriff's residence. "Gracie" cared for me during my convalescence, as a mother would her child. She was as wonderful as could be. Liberty was the only thing that I lacked, so considerate was she of my wants. Her father, too, was fine, a great rough fellow, but withal he had the humane instinct and a lot of the milk of human kindness in his heart. One day, in his daughter's presence he declared, "Grey, old boy, I don't give a damn if you are a bank burglar. You're a gentleman, and a mighty fine fellow. I am sorry that you were caught. My only regret is that we didn't get that other scoundrel that wanted to injure my Gracie. If there is anything that I can do for you, I want you to tell me and you can bet your life that it will be done."

A week or ten days after my capture, as I lay in my cell one night after all the prisoners had retired, there came a tap on the window of my cell. My cell was on the third floor, about seventy-five feet from the ground. I tip-toed to the window, and to my utter astonishment and amazement there was Ford perched on the window sill like a monkey. I was speechless, surprised not only at his daring, but at his ability to get up to my window without the aid of either a ladder or a rope or anything else. His old body building antics, at which I had so fre-

quently laughed, were the things that enabled him to scale the thirty-foot wall and come clambering catlike up the side of the building to my cell. He had come, he said, to take me out of the jail. In his pockets he had ten sticks of dynamite. He wanted to blast the jail open right then and there. I told him I couldn't possibly entertain such an idea, much as I wanted to get away. I told him that the sheriff and his daughter had treated me so beautifully that I didn't have the heart to make my escape, and that I would much rather forfeit a bond. We knew also that the dynamiting of the jail together with my escape, would probably cost the sheriff his job.

Ford gave me twenty one-thousand-dollar bills and left. We had reasoned that in view of the fact that the bank had lost only about nine thousand dollars, in all probability my bail would not be over ten or fifteen thousand. Before I went to trial I asked the sheriff to intercede with the judge in my behalf for the purpose of getting my bail as low as possible. Once in court the sheriff got up and told the justice of the peace how I had protected his daughter against the advances of the burly Swipes. "Gracie" also told her story. The judge set my bail at fifteen thousand dollars. I put up a cash bond and left town, joining Ford at Norfolk. He greeted me with: "Well, old pal, you laugh at my physical culture stunts, and criticise me for living at the Y. M. C. A.'s, but it is those old stunts that keep me out of jail, keep my body in good condition, and enable me to scale jail walls, and go up the sides of buildings without the aid of ladders. If somebody were to hit you in the nose right now and you were compelled to fight with your fists to protect yourself, do you know how long you could battle? Just about five minutes, then you would drop. I'll be a young fellow when you are an old man. Nothing to this booze, red lights and cigarettes business, you know. The detective bureaus don't know me because I keep away from such things. My bean is always working."

The incident of which I am going to speak next illustrated to me more vividly than ever just what Jimmie Ford's body building stunts and his consequent good physical condition meant to him.

In the days when New York's red light tenderloin district was in full sway, it was the custom of the women of the underworld to have sweethearts that had reputations as gunmen and killers. The unfortunate girl of the streets who had a lover of this calibre was considered to be one of the elite of the submerged world. She, poor thing, worshipped her gunman lover with an almost spiritualized reverence, gave him all her earnings, did as he commanded. In a word, she was his slave.

As Ford and I stepped out of the Knickerbocker Hotel one cold December night just a few days before Christmas, a girl fell on the ice. She was a petite,



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charming looking young lady of about eighteen or possibly nineteen. She cried with pain. We called a taxi and drove her to a doctor's office a few blocks away. She had sprained her ankle. From the doctor's office we went to Jack's restaurant on Sixth Avenue for a bite to eat. The girl's general demeanor and talk convinced me that she was a "hustler." She acted like a dope fiend, and when I asked her if she used cocaine she very frankly admitted that she did. Ford immediately began to moralize. He told her what a horrible habit she had cultivated, and pictured to her what the consequences would be if she continued to use it. Shortly the tears began to roll down her cheeks. She recited the story of her life—a sordid life it had been. Her lover was a noted underworld character, "Big Bill Selig," with a reputation as a gunman. She told us how he beat her, sent her out on the streets, took all her earnings, taught her how to smoke opium and use cocaine. She spoke of her home, her mother, sisters and brothers. She said she had been wanting to quit the life, but every time she indicated her desire to "Big Jack" he threatened to kill her if she ever left him. Ford suggested that she go to a sanitarium, volunteering to pay all her expenses. He said that there they would cure her of her drug appetite. She welcomed the proposal enthusiastically, and we made an engagement to meet her the next day. She promised to have quitted her lover for good at that time and to be ready to enter the sanitarium.

The taxi into which she had stepped had just left the curb when "Shorty Lewis," an underworld thug whom I knew, tapped me on the shoulder, saying, "Do you know that 'bird'?" Replying in the affirmative, of course, I received the advice: "Well, if you value your life, lay off of her, she is big Jack Selig's girl. That guy has already killed five or six mugs for playing around with her. Stay away from that moll if you don't want the same treatment."

Ford and I laughed and went on our way, he to his Y. M. C. A., I to the Knickerbocker and bed. We knew Selig very well, knew all about his killings, knew how he was adored by the women of the underworld, knew how many of these poor devils were working for him. We knew too that men of Selig's type were yellow to the core, and if cornered would quit dead cold. His reputation as a gunman meant nothing to us.

The girl showed up the next day prepared to go to the sanitarium. When Selig discovered that she had flown and that Ford was the cause of her going away, his rage knew no bounds. He swore that he would have Ford's life, and up and down the underworld he went, boasting that he would kill the man.

Ford finally tired of hearing these stories, so one night we went out on a pilgrimage after Selig. We found him in a rough and tough underground hole on

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Sixth Avenue where all the painted ladies and their sweethearts congregated nightly and made merry after their work on the streets was finished.

The first one we saw was Selig. He got up and came over to us as we entered the place. His hand went to his hip pocket, but before he reached it Ford hit him on the jaw a couple of times and down he went. As he fell Ford took the gun out of his pocket. Then he picked the bully up, grabbing him by the neck and pushing him into a chair. Then Ford stood in front of the chair and proceeded to bawl him out: "Fellows like you that are living from the money of the women of the streets are rotten, and if I ever hear of you molesting that girl again I will run you into the East River."

Selig never bothered the girl after that. The women and men who witnessed Ford's handling of Selig were amazed, and from that day forth he was no longer the idol of the underworld.

Just one more anecdote, and I will have done. In the peacock alley of the fashionable Congress Hotel of Chicago, Ford and I sat one hot summer's day discussing our plans for the coming winter's bank robbing campaign, when along came Joe Camasco, with an attractive girl on his arm. He stopped and chatted for a few minutes. Ford had never met him, so introductions were in order. Joe ran a saloon in the tenderloin of Chicago, that was a hang-out for Italian black handers, and killers of every sort. He himself had an almost country-wide reputation as an adept wielder of the stiletto and the revolver. To make a long story short, Ford stole his girl and took her to her home in Santa Monica, California. Joe scoured Chicago looking for Ford, declaring that he would kill him on sight. When Ford returned from California I cautioned him to be careful about Joe, that he controlled the Italian underworld and could get as many as fifty or one hundred Italians to kill him for a ten dollar note. He simply laughed at me and said "Jack, I am going out to that 'wop's' place to-night. He has been so accustomed to bluffing folks and getting away with it on the strength of his reputation as an Italian gunman, that he will collapse when I walk into his place."

I thought this was the limit. "Are you going batty altogether?" I asked him. "No," he replied, "but I have that dago's number. You just see if I'm not right." I tried to persuade him not to go, pointed out to him what an awful chance he was taking, but it was no use. He had made up his mind, so out we went that night about eleven-thirty. On the way out I pleaded with Ford to be as careful as possible. "Let's get a table near the wall," I advised, "then if there's a battle nobody can get us from the rear with a stiletto." To tell the truth, I thought I was on my way to death, for I knew Joe and the calibre of the Italians who congregated in his place. If you're killed in an Italian saloon, it's just like

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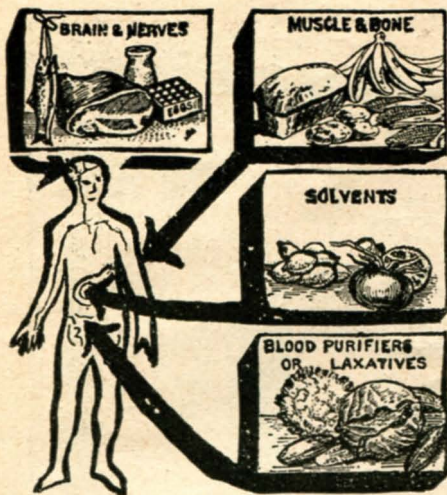
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being killed in Chinatown. Quiz the "chink" and all you get in reply is "No sabe,"—from the "wop" it is "No cavish."

Well, in we went. Jo was behind the bar; he did not see us as we entered. We took a table near the wall, and Ford called a waiter, and telling him to tell Mr. Camasco that an old friend wanted to see him. Joe came to our table with the waiter. I cannot possibly paint a word picture of how he looked, how he acted. He was simply stunned, shocked, completely upset in every way. Ford at last began his speech. "Well, Joe, I have heard a lot of talk about your going to kill me, and I have come out here to see you about it. If you want a battle with your fists, or a gun fight, why let's go in a room and lock the door. I am not looking for trouble, I always avoid it. If I were going to kill you I certainly wouldn't tell you about it before I did it. You have told every one around Chicago that you were going to kill me on sight. I think you are a great big cowardly wop. Come on in a room with me and let's shoot it out."

I don't know what I was doing while all this was going on; I was in a trance. I surely expected that Joe would take up Ford's offer. Joe interrupted my reverie by saying, "What's a mat Jeemy, you come crazy? What hell I care about dat gal! When you first do de runaway I big mad, do a lot of the talk. Now I feel wid da beeg heart, let's shaka da hand and be de beeg friends, wat say Jeemy?"

My feelings were beyond any possibility of expression in words. He had analyzed the "wop" to a T. I had entered Joe's place expecting to come out a corpse. I went out with one of his cigars in my mouth and his arm around my neck. As the taxi pulled away, Joe shouted "Good bye boys, come out again sometime. We have de beeg party."

Ford was a psychologist as well as a physical culturist. "Well, what did I tell you Jack? Was I right? I just took that big wop right off his feet. If it had come to a gun fight I had him bested; in a fist fight I would have licked him. Either way he was up against it. A booze fighter's nerves are all wrong. The thing that upset him was my easy-going, cool manner. You see that boy has been used to having people run away from him, and the unusual experience of having somebody come looking for him rather upset him. I could make him and all the rest of those so-called stiletto shovers eat out of my hand. Do you want to try it some night?" As I left him he burst into a fit of hearty laughter. "Me for the Y. M. C. A.," he said.

When I called for him the next morning he was in the gymnasium. He wouldn't eat until we had taken a walk along the lake-front, with his head in the air breathing deeply as he walked, swinging his arms.

Shortly before Ford and I dissolved partnership, which was brought about

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by his taking a trip to Europe with his mother and two sisters, he invited me to accompany him on a trip to his home at —, Kentucky. It was then that I learned to what use he was putting his money. First of all, he was paying for the tuition of his two sisters at Wellsley, had bought a fifteen hundred acre farm stocked with the finest cattle, pigs, sheep, and chickens, had built a wonderful home on the farm, a great three-story brick house of twelve rooms and two baths. The top floor consisted of his exclusive quarters, in which he had erected an up-to-date gymnasium, with dumb-bells, Indian clubs, weight pulleys, punching bag, rowing machine, everything that was required to equip a modern gymnasium. His mother, a dear old southern lady, knew nothing at all about Jimmy's career as a bank burglar.

Ah, friend, what a boy he was! A criminal, yes, but clean as a hound's tooth, courageous as a lion. A blaster of banks, and yet a doer of good. Many times have I seen him pick up four or five kids on the street, take them into a store and dress them up from head to foot. Many homes have been brightened up through Ford's magnanimity. He was a bank burglar with a soul—not in the religious sense, perhaps,—in the materialistic I mean, the intellect plus the emotions. Since I have rehabilitated myself I have met many business men, painters, artists, men in every walk of life. Some of them know all about my past and are very good friends of mine. I look them all over and then decide that

Jimmy Ford was the richest personality that I have ever known.

He was killed in a drunken brawl by a drink-crazed pal who shot him in the back. He refused to tell the detectives who shot him. As his life was slowly ebbing away, and the detectives bent over his hospital cot whispering in his ear, begging him to reveal the identity of his slayer, he smiled and passed on to the Great Beyond. That was the end of the life of the greatest bank burglar that ever lived.

Ford had never thought about the laws of equalization; it had never occurred to him that they are sure, swift and inevitable, that no one can evade them. Ford evaded the man-made laws; he violated with wild, reckless abandon the ethics of society, and got away with it, because he lived a comparatively clean life, keeping himself in good physical shape. He understood that the penalty of a life of dissipation was a shattered constitution, unhappiness, misery, disease, death.

I personally escorted his body to his southern home. His poor old mother was heart-broken; his sisters, too, were grief-stricken. Six months after his death his mother passed away, the death of Jimmy having left her broken and crushed. She never recovered from the effects of it. To this day his sisters have never ascertained anything concerning his underworld career. The laws of compensation cannot be beaten. If Ford had understood these laws as he understood the laws of physical culture and health, his life would no doubt have been different.

Milk Cured My Nerve Shock

(Continued from page 51)

the scream of the opponent into whose vitals the piercing bayonet had been driven; the strangling death clutch of the comrade, shot at his side; the long days and nights of forced march, of body driven to the point of utter exhaustion, with the still longer night, dragging its trail of hours across a sleepless vigil; all these shocks and strains have broken down brain normalcy.

The result is confusion worse confounded—a complete submergence of the reasoning faculty in certain directions, and a greater or less disturbance of every function of nutrition, assimilation and elimination.

Sometimes this disturbance may take the shape of a terrible and unshakable depression—as in the case of the gallant Colonel Whittlesey.

Whittlesey, it will be remembered, was the Commander of the famous "Lost Battalion"—surrounded and cut off from all contact with other Divisions for a chain of days and nights that dragged themselves into seeming years.

Hardly a minute of this age that he and his men were not at touch and go with Death—that rifle ball, grenade and

bomb were not at their deadly work in the ranks of his splendid troops.

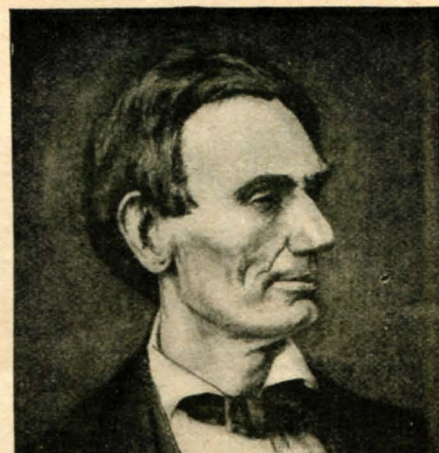
The indomitable will forced the merely physical body to a sturdy defiance—even though the supreme sacrifice be demanded to make their defiance good.

We all know the story of the rescue. It is a page from the golden sheaf of treasured deeds—a saga in which the rune of heroic accomplishments shines brightly.

Whittlesey's body was rescued. But his sensitive soul was mortally wounded in the Argonne. And, many months after, it claimed its right to rest—free from the memory of the coil of horror with which it had been entwined.

Let us hope the deep waters of the Atlantic purged the great white soul of Whittlesey of the load of melancholy, too heavy to be longer borne.

There are, in various Government institutions scattered throughout the country, and in homes where they are more or less dependent, thousands upon thousands of shell-shock victims, in every conceivable stage of abnormalcy. They are being treated by Government doctors, and by physicians in private practice, in the



Yet Men Once Laughed At Him!

THEY laughed at his tall, ungainly figure. They laughed at his homely phrases. They laughed as they saw him studying by the light of that flickering log fire.

But Lincoln plugged steadily on.

"I will study and get ready," he said calmly, "and some day my chance will come."

And that chance did come! It came to Lincoln as it will come Today and Tomorrow and throughout all time to every man who sincerely wishes to get ahead—who dreams his dream of success and then works to make that dream come true.

For 30 years, the I. C. S. has been helping men to "get ready"—to win advancement—to know the joy of succeeding in business and in life. And it will do the same for you, too, if you will only make the start.

This is all we ask: Without obligation or a penny of cost, mark and mail the coupon printed below and let us tell you how you can win the position you want in the work you like best.

— — — — — TEAR OUT HERE — — — — —

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offers every opportunity to ambitious men and women; the T. C. C. offers every advantage for acquiring a thorough education in this wonderful science.

Our students have small classes, individual instruction, dissection and X-ray courses with no additional cost, lessons in Chiropractic advertising and salesmanship, brilliant faculty, a wonderful climate. Write for catalog today!

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Dr. Lawton's Guaranteed FAT REDUCER FOR MEN AND WOMEN

Will show reduction taking place in
11 days or money refunded.

Results come usually in three or four days, but if you do not see positive reduction taking place in 11 days (the full trial period) return the Reducer at once together with the instruction book that accompanied it and your \$5 will be refunded. Dr. Lawton, shown in picture, reduced from 211 to 152 pounds in a very short time. The Reducer is not electrical; made of soft rubber and weighs but a few ounces. Whether you are 10 or 100 pounds overweight you can reduce any part you wish quickly, safely and permanently by using Reducer a few minutes night and morning. By a gentle manipulation the Reducer breaks down and disintegrates fatty tissue which becomes waste matter and is carried out of the system through the organs of elimination, thereby the blood circulation is improved. For years Dr. Lawton's Fat Reducer has been successfully sold and is used by thousands. It is ENDORSED BY PHYSICIANS and its use requires no dieting, starving, medicines or exercise. Sold generally by druggists everywhere or will be sent direct to your home in plain wrapper upon receipt of \$5 plus 20c to cover cost of Parcel Post and Insurance (\$5.20 in all).

Send for your Fat Reducer today. Remember it is guaranteed.

DR. THOMAS LAWTON
120 West 70th Street, Dept. 17, New York

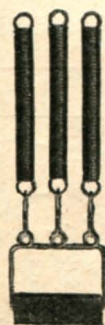
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SEND FOR BOOKLET SHOWING PHOTOS OF MEN WITH AND WITHOUT THE PERFECT LEG FORMS

PERFECT SALES CO., 140 N. Mayfield Ave., Dept. P Chicago, Ill.

Develop Great Muscle And Chest Expansion

Are you weak and flat chested? Are your muscles flabby and soft? No matter how bad off you think you are, you can in a very short time develop muscles of steel and increase your chest expansion to amazing proportions with the



Victor Improved Progressive Exerciser

with Patent Extension Attachment for Special Exercises

With this new device you can perform the most important exercises, which would otherwise be impossible. This new attachment in conjunction with the VICTOR Improved Chest Expander gives you at a low cost, a complete body developer.

Here is the newest idea in home exercisers. It is fully patented and can only be purchased in connection with the VICTOR Chest Expander. Made of the very best steel springs. Will last a lifetime. Price of Chest Expander \$3—including Patent Extension with stirrup, \$5. Send for one of these outfits TODAY, and start on the road to health and strength.

HENRY VICTOR
Dept. VC, 56 Cooper Square, New York

main with but little success. They get the bromides, hyocine, strychnine, caffeine, and their other drugs regularly enough.

But not a very large percentage of them are really cured—even though they may be discharged as cured after many months of treatment.

For one principal cause of the condition has not been removed. This cause is *toxemia*.

When the nerves have been shocked by the soul-wounds of the modern hell called "war," normal functioning of the digestive organs is completely upset. Also, the functions of the endocrine glands—the ductless glands—are thrown out of gear. This disturbance of digestion and of gland functioning, in turn, produces a disturbance in metabolism—that process by which the food is finally converted into tissue cells, and the waste products of the cells properly eliminated.

If there is faulty food conversion and faulty elimination of the "end-products" of this food conversion, the result is a storing up in the body of highly toxic substances.

These poisons depress, and irritate, and inhibit memory.

It is their influence that so frequently causes the mental aberrations, and the various sinister effects of metabolic disturbance.

They are not usually to be gotten rid of by "masking" the symptoms with hypnotics, sedatives or opiates; or by stimulating the organism with "tonics" and cell irritants.

They are, on the contrary, best gotten rid of by preventing the under-oxidation of the proteid molecule which is so often the cause of these disturbances. And by ridding the system of the accumulation of toxins that act as depressants.

One of the best and most effective methods of accomplishing this result is to get back to dietetic first principles, by first giving the system a chance to rid itself of accumulated poisons, and then by refraining from putting more poison food, or food that may most readily be changed to toxic material, into the system.

The limited fast for a period of three or four days, during which time a half dozen or more oranges are eaten each day, seems to afford the system a chance to rid itself of a large measure of its stored up toxins.

If, after this, an exclusive milk diet be adopted, a maximum of nutriment, with a minimum of waste product, will be absorbed.

Milk contains every element needed for perfect nutrition, and is eminently fitted to sustain life for an indefinite period.

It affords an easily assimilated form of nourishment, acceptable to human beings of any age, color, or previous condition of servitude.

This refers, of course, to non-pasteurized "whole milk," and not to milk which



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Let the Vanderbilts' instructor teach you to be a good dancer.

Learn the latest steps by the remarkable new ARTHUR MURRAY SYSTEM; surprisingly easy and fascinating you need no music or partner. "60,000 taught dancing by mail." You, too, can learn at home, privately, in a few hours. Results guaranteed. HALF PRICE OFFER ON NOW!

FREE DANCING LESSON

One lesson (in plain wrapper) absolutely free to prove I can make you an accomplished dancer quickly! For mailing, send 10c today.

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Achieve every earnest purpose;
gain money, health, vigor, vitality,
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You can do the hardest work or play without strain, chafing or pinching if you wear a Separate Sack Suspensory. The S.S.S. has no irritating leg straps, no oppressive band on the sack, no scratching metal slides. It is made just as nature intended. (Note illustration.)

With the S.S.S. you always have a clean suspensory every morning. Each outfit has two sacks, you can clip one fast to the supporting straps while the other sack is cleaned. All sizes. Mailed in plain package on receipt of price. Money refunded if not satisfactory. Send stamp for booklet.

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Chiropractic Adjustments

PROF. ANTHONY BARKER, D. C.
865 6th Avenue (at 49th St.) New York City

Spinal Development

The spine has more to do with one's state of health than any other part of the body.

Keep the spine strong and straight and flexible, and you will keep well.

The system of chiropractic healing depends on the condition of the spine. If spinal adjustments prove helpful in extreme cases, keeping the spine in first class condition will avoid extreme cases.

Bernarr Macfadden has prepared a short series of six lessons on BUILDING PHYSICAL POWER THROUGH SPINAL DEVELOPMENT. Each exercise is illustrated from a photograph—can be quickly understood and easily followed. These lessons, together with the use of his patented Spine Stretching Apparatus, provide a rational system for daily exercise which will improve the health, increase the strength and maintain vitality.

A limited number of the Courses are available to PHYSICAL CULTURE readers at the very low price of \$3.00, including the Spine Stretching Appliance.

Return this advertisement with your order.

Physical Culture Corporation

119 West 40th Street
Dept. 3 New York

This book may be purchased at any of the stores mentioned on page 138 of this magazine.

For a complete list of Physical Culture Health Books see page 145

has undergone a sterilizing process, or to milk which has been robbed of its vitamin-yielding butter fat.

Whole fresh milk, or whole milk which has been clabbered by being set near the radiator or the back of the stove for about twenty-four hours, is more than a good food. It is a good food which acts, in thousands of cases, as good medicine.

I have had an opportunity for studying many hundreds of such cases within recent months. One of the most interesting of these was a typical shell shock, the case of W. J. McLemore, 1402 West Washington Street, Phoenix, Arizona. I'm going to let him tell his story, hoping that the results he details may stimulate some of the Government medical officers, charged with the conduct of these cases, to a trial of the method.

* * * * *

"I never knew what a sick day meant until I entered the Service. I was in the Army two years altogether. Got along fine the first year, while in the States.

"I was sent to France, in 1918, and had about three months of active service. I didn't pay much attention to physical needs, while at the front. There were too many other things to do.

"I developed constipation and intense nervousness, waking up one morning with my whole body burning like a coal of fire. I had big welts all over me.

"I bathed in salt water, which relieved me greatly. Then dysentery started in, and I got so weak I could hardly walk.

"Most of the Company was tear-gassed soon after this. This, I believe, was the cause of a catarrhal condition which attacked me at about this time. The catarrh affected the mucous membrane of the throat, nose and eyes in a very disagreeable manner.

"At this time they were sending men who were acting peculiarly back to the base. Men would start to show signs of weakening by worrying about little things, that ordinarily they would never bother about.

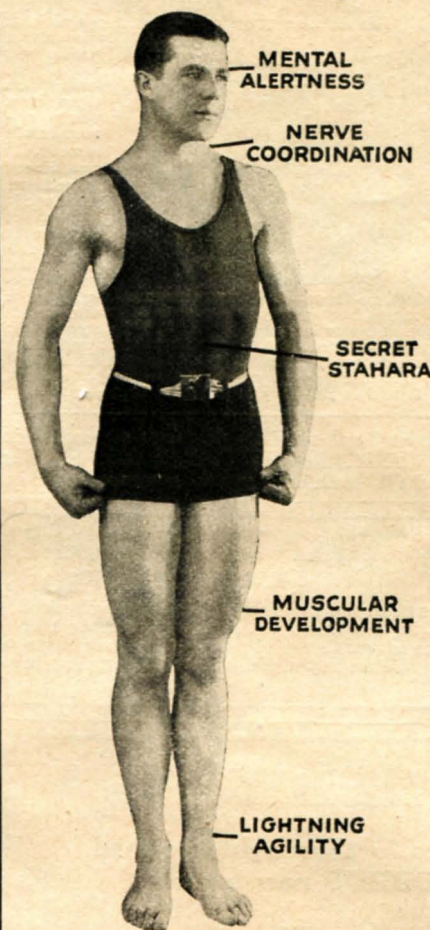
"I was among these men. I became nervous and excitable, and finally lost all control of nerve power. I believe I would have died if I had had to stay in France.

"I was very sick coming back. When I left home I weighed one hundred and sixty-eight pounds. I lost forty-five pounds within three months, however, and was so weak I could hardly drag one foot after the other. A most annoying symptom was dilatation of the pupil of the eye.

"I gave up everything, except to try to get my health back again. I was sent to half a dozen Government doctors, in various parts of the country. I went to Murietta Hot Springs, in California—then to Long Beach, California. These did me little or no good. I commenced a course of osteopathic and so-called Battle Creek treatments, baths and so forth, in the west.

"I couldn't see much result from this

New Oriental Discovery Develops Amazing Mental And Physical Powers!



Now available to the general public—a wonderful new system of development brought from the Far East and perfected by one of our United States Army Officers—a system that builds up all the muscles of the body, that quickens the mind and steadies the nerves, that develops self-confidence, courage and poise and is in itself a most enjoyable sport!

Astonishing Success In Army

Capt. Allan Smith, an officer in charge of army physical training during the War, spent 10 years in the Far East studying oriental physical training methods. When he returned, he introduced into our Army what proved to be the most interesting, best liked and most effective method of calisthenics ever tried. What success it had may be imagined from this letter written to Capt. Smith by a high army official:

"Your system of training excels any that I have ever taken. It is a clean, fascinating sport, training not only the muscles but also the nerves and the brain. It has a great interest and lacks the monotony frequently present in other forms of exercise. I found that the men enjoyed it immensely and practiced among themselves out of hours. It gives them self-confidence and is an extremely valuable addition to training both for military and civil life."

World's Most Effective Defense

Capt. Smith's system of development, centering around his own discovery of the Secret Stahara, is also an unerring means of defense. It is filled with Jujitsu tricks, many of which were never before known outside of Japan. These holds give you instant mastery over bigger and even stronger men. A woman equipped with this training can easily protect herself against any emergency. All tricks as taught by Capt. Smith in his lessons, not only can be practiced without the slightest inconvenience or danger but actually make up an exciting pleasant sport.

This wonderful training is today being used with great success in prominent boys' schools as a sport and body-builder, by police units of our larger cities as the best method of self-defense, and by thousands and thousands of men and women as a pleasant and effective way of keeping fit.

READ!

Since Capt. Smith's method of development has been extended to civilians hundreds who have tried it have written to him, enthusiastically endorsing it—high government officials, famous athletes, prominent educators, business and professional men from all over the country. Here is a typical letter received from C. D. Chamberlain of San Antonio, Texas:

"Have finished my tenth lesson and have gained 7 pounds in two weeks. Have never had an appetite like this before or felt so full of pep." The use of the Stahara is certainly wonderful."

Examine It—FREE!

Send no money! Merely mail the attached coupon and the entire course of training will be sent you. Look it over. Learn about the great Secret Stahara—the source of Oriental power. Try some of the Jujitsu tricks on your husky friends. Keep it for 5 days and note how much better you feel after using this system. Then, if you find it is just what you need, send only \$5 in full payment and the entire course is yours. Otherwise send it back and you are under no further obligation. See for yourself—without cost! Mail the coupon today!

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Please send me Capt. Smith's Complete Course in seven books and 57 illustrated lessons. Within five days after receipt, I agree to either send them back or send \$5 in full payment.

Name
Address

Doctor Tells How to Strengthen Eyesight 50 Per Cent in One Week's Time in Many Instances

A Free Prescription You Can Have Filled and Use at Home

Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right

from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

NOTE: Another prominent physician to whom



the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed to them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." It is sold in this city by all good druggists.

If you don't see in *PHYSICAL CULTURE* what you want, ask us and we will be glad to help you get it.

Don't ask us if an advertiser appearing in *PHYSICAL CULTURE* is reliable. The fact that he is there is your assurance that he is.

DR. GALATIAN'S SANITARIUM

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BALTIMORE, MD.

Pleasing location in the suburbs with advantages of city and country. We use all physical culture and other natural methods. The Milk Diet is a feature. (Readers will remember Dr. Galatian's article on this diet.) Our experience covers thousands of cases. Thorough examinations and daily consultation and treatment. We make you well and teach you how to keep well. Write now for particulars.

Does Tobacco Harm You?

The entire subject of tobacco is thoroughly covered in BERNARR MACFADDEN'S new book

The Truth About Tobacco

Just now finished after years of investigation, experiment and study is of vital interest to you if you are a smoker, or if some one near and dear to you smokes. Probably no acquired habit of the human race, with the possible exception of the use of alcohol, has been subjected to as much argument, pro, and con, as the use of tobacco. Millions maintain that tobacco is harmful while other millions contend that it is harmless. And while they all undoubtedly feel very strongly upon the subject, very few among them have been able to substantiate their opinions by the statement of exact knowledge because there has been no source from which exact, scientific knowledge could be obtained.

Tobacco and Your Job

Bernarr Macfadden through the vast facilities at his command has turned the cold, white unprejudiced light of science upon tobacco. He has analysed it; he has analysed the smoke from it that is drawn into the human throat and lungs. He has traced every action and every reaction that each of the chemical elements constituting tobacco smoke has upon the human system so clearly, so surely that when you finish reading the chapters upon the effect of tobacco you know that tobacco is harmful and you know why it is harmful.

How to Break the Habit

Physical Culture Corporation
119 West 40th St., Dept. 3,
New York City

Gentlemen:—Enclosed find \$1.00 for which please send me a copy of Bernarr Macfadden's new book "The Truth About Tobacco." It is understood that if for any reason I am not entirely satisfied with it I may return it within 5 days after receipt and my money will be promptly refunded.

Name.....
Address.....

When you have learned the real effect that tobacco has upon you, you will want to stop smoking. And to discontinue the habit will not be hard when you put into practice the simple rules that Mr. Macfadden lays down in the final chapters of his remarkable book. Probably sometime in the past you decided to quit and the chances are that you did quit, only to resume after a few days had passed. By conforming to the rules Mr. Macfadden gives you, the same amount of effort you expended without success should enable you to come thru with flying colors, the victor over a habit that is harmful, expensive, unsanitary and distasteful to many of your friends.

treatment, so, after taking a course of treatments from Dr. Granger, of Los Angeles, I went home.

"Here I was treated by Dr. Charles Palmer, Dr. John J. McGlone, and Dr. E. Payne Palmer. All these doctors said I had nervous shock, insomnia, and neurasthenia, due to shell shock.

"Electricity and baths seemed to help me somewhat, but nothing afforded permanent relief.

"I have always been interested in physical culture, and have been a reader of the *PHYSICAL CULTURE* Magazine for a number of years. One night, after lying awake a while, I was reading a copy of the *PHYSICAL CULTURE* Magazine, and the thought came to me that as I had tried about everything else, I would now give natural methods a trial.

"So I went to a sanitarium where they used physical culture methods. I was first put on a fast for three or four days, drinking twelve to fifteen glasses of water every day.

"Then I ate a half dozen or more oranges every day. I commenced to eliminate great quantities of fecal matter. This lasted for eight or ten days, after which I began to feel quite well.

"Meanwhile, I had been put on a diet of whole milk, drinking on an average of three to four quarts a day.

"Finally I got so that I slept well, and felt thoroughly rested when I got up in the morning. I found I could join in the dances which were held at the sanitarium every night, and enjoy them. And I could go to a show and really enjoy it.

"The terrible feeling of being 'tensed up' all the time left me, and I found I could relax once more.

"I have gained many pounds. My catarrh is better than it has been since I was gassed.

"Also, my reflexes, which were greatly exaggerated, are all right again; and the headaches from which I had also suffered since 1918, have entirely disappeared.

"The abdominal tenderness, constipation, and feeling of distress after eating are all gone, and for the first time in two years I actually enjoy my food.

"I am now eating an average well balanced diet, feeling almost as well as I ever have, and am up to ninety-five per cent. of hemoglobin—after being down to below seventy.

"This, I think, speaks pretty well for natural methods. They worked with me. I only wish thousands of our boys who have conditions similar to mine could be given the benefits of this treatment."

If you are not yet convinced that the milk diet is a pure wonder worker, and applicable to a great variety of cases, read the story in this magazine next month of what it did in a case of opium addiction. Would you think that milk is stronger than dope? Of course the victim had other ills, all finally conquered. Read it next month.

MOTHERS AND SWEETHEARTS:

If you feel that someone in whom you are interested is injuring himself with tobacco, simply place this book where it will come to his attention and the probabilities are that it will have the desired effect. It is certainly worth the trial. Heavily bound in cloth, this invaluable book is priced at only \$1.00. Mail the coupon now while the impulse is still upon you.

What I Have Learned About Winter Camping

(Continued from page 53)

been (and subsequently were) loosely woven.

It was not until the early morning hours that I became thoroughly chilled. The first hours of the night were quite comfortable. Since then, I have met campers who complained of the same early morning discomfort even in their summer camping. Invariably, they have held a drop in temperature as responsible for their discomfort. Yet a closely woven blanket, becoming steadily filled with moisture as the night proceeds, has been the real offender.

An important fact to remember is that one needs fully as much covering under as over one. A sleeping bag or a requisite number of blankets pinned or sewed into the shape of a sleeping bag and then confined within a canvas cover is a comfortable arrangement. If one sleeps out in the open without a tent, as is sometimes done, it is well to have a canvas cover which has been waterproofed. To some extent, it must be admitted that such outer protection against the snow and wet is unhygienic. A waterproofed material is almost as impermeable as rubber, with the result that the bodily moisture which escapes through the blankets comes up against a stone wall, upon reaching the inner side of the canvas. The ideal arrangement is that of having the canvas absorb the moisture. For this reason, when one is sleeping under the protection of a tent, it is wise to have a canvas bag which has not been waterproofed and is hence capable of absorbing the moisture.

The amount of night covering required in a winter camping trip depends both upon the warmth holding capacities of your blankets, and the condition of the weather. I have recently heard of a new kind of blanket knitted in such a way that it has much the appearance of wool on the back of a living animal. It is claimed that one or two of these blankets are sufficient for very cold weather. Although I have never seen one of these blankets, I can believe that this might be true, for the principle is perfectly sound.

There are a few uncommon varieties of wool such as that of the llama which have better heat-holding qualities than sheep's wool. But figuring on average, loosely woven sheep's wool and average winter conditions, it may be said that one needs about sixteen pounds of blankets. The weight of the canvas cover is not included in this estimate. It is well to remember that there is more warmth in three blankets of fairly light weight than in a single blanket having a total weight of all three. Army blankets, I spurn entirely. They are built more for durability than warmth. They are too tightly

PHYSICAL CULTURE READERS:—The following offer is so unusual that we urge everyone to take advantage of it at once.

Complete 7-Lesson Course of Physical Instruction

**\$3.00
Complete**

Will Make YOU a 100% Man

Do you want to be a **real man**? Do you desire perfect health, responsive muscles, a virile well moulded body? Would you like that keen mental alertness, the bold aggressiveness and enviable self confidence of the man who is a little superior to his fellowmen—and knows it?

Perfect Health—Vitality—Energy—Real Strength

A wife deserves a healthy husband. Children crave a father they can be proud of. You, yourself, have the right to demand a 100% physically fit body. **You can have one!** This is not a reckless promise but our honest belief after years of experience in the physical culture game.

No exercisers need be bought for our course—

the \$3.00 you send in is the first and only cost. Whether you desire great strength or merely a lithe, normally strong, well functioning, perfectly healthy body, these seven clearly understood highly illustrated lessons will help you. And, best of all, they require only 15 minutes of your time each day.

KNOW HOW TO—

secure erect carriage, correct round shoulders, eliminate "tired feeling", relax, contract and stretch for health, breathe effectively, secure proper blood circulation, overcome constipation, insomnia and nervousness, secure proper organic functioning and proportionate development, splendid stomach exercises, secure greater zest, strength and nerve force, become quick and agile, exhaustively produced diets for increasing or decreasing weight, build will power and quit smoking, etc., etc.

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woven to be satisfactory in winter camping. Whatever blankets are used, make sure that they are long enough to reach up to your ears, so that cold draughts will be eliminated.

I have said a good deal about blankets for the reason that the blanket is the only type of night covering which the average winter camper is likely to find available. I have tried to indicate the necessity of choosing properly and in sufficient number when blankets are used. Yet, there are varieties of night covering which, weight against weight, are considerably warmer than blankets.

I have slept with perfect comfort in a caribou robe made into the form of a sleeping bag with the temperature far below zero. The weight of this was ten

individual hair as well. For each of these hairs is hollow. The robe of either the caribou or reindeer is what Arctic explorers sleep in around the suburbs of the North Pole. They almost never use blankets.

Sleeping bags made from the pelts of the wolf, fox, lynx, raccoon, and similar animals are very warm. An eiderdown robe between one and one half inches thick also has remarkable heat holding qualities. Such a robe can be sewed into the shape of a sleeping bag and then confined within a canvas cover. The usefulness of all these fur and down robes is confined, of course, to winter. They are entirely too warm to be of any practical use in average summer camping. The main drawback to most of these dead animal

hides is that they are impervious to moisture.

Snow may be soft, but it is a mighty cold foundation upon which to lay one's bed. When I go winter camping I want a foundation which is both warm and cushiony, and I have found none better than that of balsam, pine, or hemlock boughs. There is a distinct advantage in clearing the camp-site area of all snow, of getting down to solid earth. The snow-shoes can be used as shovels. Then, erect your tent, if you carry one, in this cleared space, and

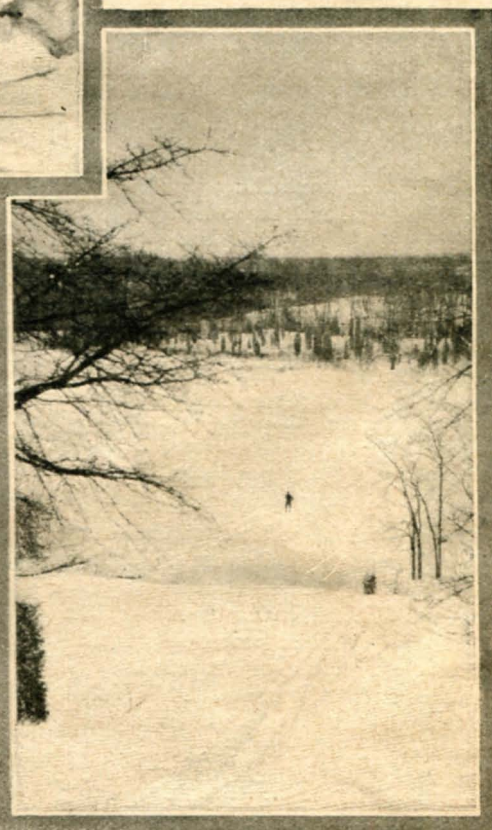


A very practical stunt for the winter camper, building a fire against a large rock, the idea being that the rock will reflect the heat

At the right one of the pleasures associated with winter camping, the picture showing the end of a long coast on skis.

pounds. With the same actual weight of blankets, under those particular conditions, I would have been chilled to the bone. Very nearly twenty pounds of blankets would have been necessary to give the same comfort.

With this sort of bag, the same principles as regards warm air spaces are involved as in the case of blankets, but more effectively so. You sleep, of course, against the fur, the skin side being the outside of the bag. The warmth-holding air spaces are not only between the hairs, but in each



lay a thick soft mat of pine boughs inside.

The clearing of a six foot layer of snow such as is often found in the hills after the middle of winter, is, of course, a rather formidable undertaking. There are various layers of hard crust to cut through and sometimes the job represents hours of toiling work. But on the whole, it is work well spent, especially so if one is to remain more than one night at the same camp-site. You can get along, to be sure, by laying your bough bed on top of the snow, but not so comfortably as by digging it out and getting down to hard pan.

The balsam, pine, hemlock or cedar branches which are to be your bed should be cut about a foot long and then laid on the ground in rows with an overlapping, shingling effect. The feather ends of each row should cover the stubs of the next and so on for the length of the bed. The stubs should point downward. The thicker the bed, the softer and warmer it will be. The bough bed is another example of insulation, so important in body covering. When one sleeps in a tent, boughs should also be packed around the bottom of the tent to keep cold draughts from whistling through.

In my early experiences with winter camping I always took a tent, and I continue to do so when staying out for several nights. For a single night in the open, however, with weather conditions promising, I have come to look upon a tent as something of an unnecessary encumbrance. In summer-time camping, the main advantages of a tent are that it keeps out rain and mosquitoes. In winter, there is slight likelihood of rain and certainly no chance of being pestered by mosquitoes. A snow storm is not nearly so uncomfortable as heavy torrents of rain.

Only a few of dozens of different types of tents are suitable for winter camping. As a general rule, the tents which have a sharp slope to the sides or roof are the best for the purpose. A flat roof holds snow and is likely to crash down or leak because of this load.

The famous Indian "wigwam" or "tepee" is in some respects the ideal winter camping tent. It is a cone-shaped tent with sharply sloping sides supported by a framework of numerous long poles which intersect at the top. The slope of the sides is so acute that only a minimum amount of snow clings to these. Of the various tents suitable for zero weather camping, the tepee is the only one with which the camp-fire can be built inside the tent. The smoke curls upward and then out through a vent at the top; that is, it does when an Indian tends it. But in the hands of a white man, it is more likely to smoke the occupants out of house and home. A small stove usually proves more practicable.

When one has ample means of transportation for carrying camp equipment, and plans to camp for a fairly long period in one spot, there is much to be said in favor of the common wall tent. All things

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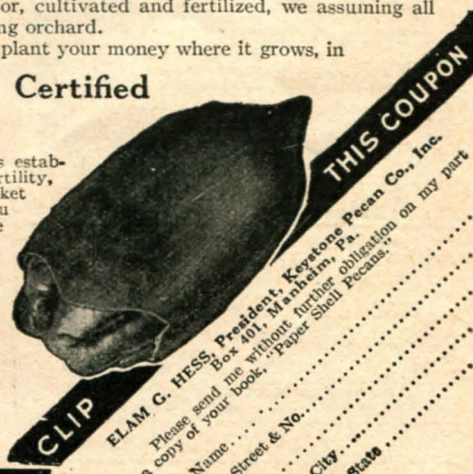
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considered, this is perhaps the most comfortable type of canvas shelter in existence. For its winter use, a sheet metal stove is needed, and together with this, an asbestos stove ring and the proper amount of piping.

When living in a wall tent, it is wise to protect the roof from falling snow, this being accomplished by erecting a pole framework over the tent, the framework being shingled with pine boughs to catch the snow. In this way, the canvas roof underneath is spared all onslaughts. The framework consists of a pair of poles erected at the front and rear ends of the tent in the shape of shears and connected by a single long pole running along the ridge of the tent some inches above the canvas. Eight or ten poles on either side of the tent with butt ends on the ground, rest against the roof pole.

A canvas shed-like affair known as the "baker" tent is considered by some people the most satisfactory of all winter tents. Fresh air folk who like to keep warm before a blazing log fire are likely to be pleased with this outfit. The entire front is left open and the heat from the fire strikes the inside of the roof and is reflected down upon the occupants. The principle is that of the reflecting baker used in camp cooking. You become a human biscuit.

A baker tent will keep you pretty busy hauling firewood, and one should be careful not to build the fire too close, or sparks may fly and do damage. Wind has a disagreeable way of shifting. Five or six feet away from the opening, is about the right distance under average conditions. A bough shingled outer roof such as I have mentioned in connection with the wall tent can be constructed over the "baker," although the manner of building this will be slightly different.

Each one of the three tents which I have named looms rather big in bulk and weight for the man who carries all his camping belongings in the pack upon his back. If one feels the need of a tent and is forced to carry this upon his back, let it be a tiny, light-weight hiking tent which rolls into a small unobtrusive bundle and can be quickly set up or taken down. There is a tent of this sort I sometimes use which weighs only four pounds.

The matter of eyes in the snow country is one which should be given serious thought. One's eyes as well as body must be properly protected. There is an insidious, wicked affliction known as "snow blindness," which comes within the experience of all Arctic explorers and which is quite as likely to visit any one who spends many continuous hours among white expanses of snow close at home. Oddly enough, the dazzling glare of the snow on a bright sunny day does not seem to be directly responsible for snow blindness. It is more likely to come in hazy weather. Strain upon the eyes in trying to make out distant objects is evidently the direct cause.

The first symptom of this distressing

and painful affliction is running at the nose. Then the sufferer begins to see double and his vision becomes blurred. The eyes swell, water freely and then gradually close up. Snow blindness passes with proper treatment. But all chances of acquiring this affliction are avoided if one minimizes the strain upon the eyes by wearing colored goggles a good part of the time when the eyes are undergoing strain. Amber is perhaps the most suitable color. The metal parts of the goggles should not be allowed to touch the skin. Wrap these in wool yarn or some similar material.

Frost-bite is another insidious cold weather affliction which must be guarded against, although there is slight likelihood of such a visitation if one is properly clothed. Frost-bite creeps upon one unawares, so be properly prepared both day and night. When sleeping, wear a warm cap pulled well down over your head. During the day-time, if you happen to see white spots on the face of your camping mate, act quickly, for this is frost-bite and the chances are that he himself is quite ignorant of its presence.

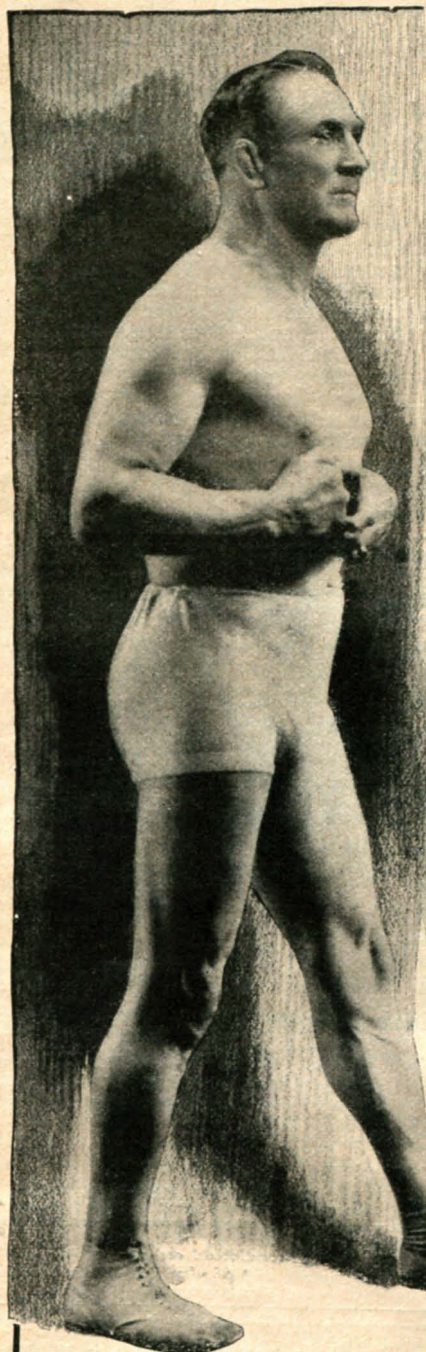
Frost-bite must be treated gently. Rough, vigorous rubbing may break the tissues. Rub with a wool glove and then snow. A sudden reaction is dangerous, so one would do best to remain out in the cold until the natural color is restored.

The camping equipment of the person who goes prepared to spend a week or two in the winter woods will of course differ in numerous particulars from that of the man who merely goes out for an overnight taste of winter magic. But it is possible for either of these campers to become lost in a blinding blizzard. At no time, should either be without a compass. And if by any chance one does become lost, let him remember that the most fatal thing in all the world is that of losing his head and running about blindly in all directions till he drops from exhaustion. The only safe way out is that of sitting down, carefully figuring out where one wants to go, and then leisurely to proceed to go there.

A waterproof match-safe, a woods knife, and as large an axe as can be conveniently carried are essentials of any winter camping trip. Be careful about using cold steel upon frozen wood. I learned my own lesson only after ruining a fine knife and breaking the blade of an axe. Before cutting or chopping, it is wise to heat the steel a little so that the cold is drawn from it. Wood is not always easy to find in a snow buried country and for this reason I have sometimes found it an advantage to take along a few cans of solidified alcohol.

Go properly clothed and equipped and then perhaps you will come back declaring that winter camping is the best of all. For real living, keen enjoyment and healthful exercise, there are few experiences comparable with that of living in the winter outdoors, twenty-four hours a day.

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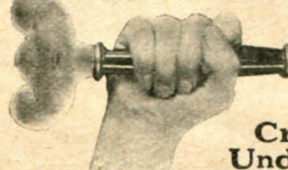
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Would You Eat Meat If You Had to Kill It?

(Continued from page 29)

century humorist, satirizes flesh-eating very delightfully in his fable of "Pythagoras and the Countryman." The poem is too long to quote here, but suffice it to say that he represents the kindly old Greek philosopher as taking a constitutional out through the country one spring day, and discovering an agriculturist nailing the carcass of a kite—a bird of prey closely related to the hawks—to the end of his barn. Pythagoras was always ready to receive information or discuss anything with anybody, so he stopped and inquired for the facts. The indignant farmer stated that this foul bird had for a long time been murdering and stealing his chickens, but that he had at last succeeded in killing the bloodthirsty assassin, and now he was nailing his cadaver to the barn as a gentle warning to all other feathered cutthroats who might have an eye on his poultry.

Pythagoras was much shocked at the man's attitude, and at once proceeded to read him a lesson on consistency:—

"Think how the glutton man devours!

What bloody feasts regale his hours!

O! Impudence of power and might

Thus to condemn a hawk or kite

When thou, perhaps, carnivorous sinner.

Had'st pullets yesterday for dinner!"

The farmer was so incensed at being classed in the same category with a kite that he failed to derive any benefit from Pythagoras's argument, just as might have been expected.

It seems to me that it cannot be altogether a pleasant thing for a humane person to reflect that every piece of meat he eats has been purchased by death—a messy and often painful death for the animal who furnished the meat. There are many meat-eaters who not only would not eat meat if they had to kill it, but who haven't even the nerve to see somebody else kill it. There are many visitors to the great Chicago packing plants who refuse to see the slaughtering, and who are even a little pale around the gills after they have seen the rest of the process. Have you ever visited one of these places? And did you feel quite as enthusiastic over your platter of meat as you did before?

A year ago I went through one of the two biggest packing plants in Chicago, which, I believe, means one of the two biggest in the world. It is a memorable experience. The very odor of the Stockyards, which drifts from Packingtown sometimes all over the southern part of Chicago, is enough to make a fellow's stomach wriggle uneasily. When you study the packing process, you quite naturally begin with the killing. As I stood and looked at the man who kills hogs at the rate of a thousand per hour, I

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reflected that if that were the only salaried job left open to me on earth, I'd probably starve to death. In his way, the man is an expert of marvelous skill. As the shrieking hogs, swung by one hind leg from monorail carriers, pass by him, he sticks his long, keen, narrow-bladed knife into just the right part of each fat throat, making a quick sidewise movement at the same time, and the deed is done. Blood spouts in a perfect fountain from the gash. The lower half of the man's body and his arms above the elbow are covered with blood, and his whole body, even his face, is spattered with it. He wears rubber boots, of course, for the narrow corridor in which the killing is done is a river of gore. The hogs are still squealing and kicking as they pass on with their throats cut, and the life is not yet out of their bodies when they plunge into the scalding water a few seconds later. And yet I dare say the killing is done as humanely as is possible if they must be killed at all.

I didn't envy any of the workers their jobs, but the next men whom I felt particularly happy not to be were the men who disembowel the carcasses and the Government inspectors who examine the viscera to see whether the hog is diseased. As each hog rolls along on his carrier he is compelled to hand over his works for inspection; in other words, a big negro cuts them out of him and dumps them on a metal-covered table, where the inspector paws them over and stirs them about, looking for signs of disease. All day he is up to his elbows in kidneys and livers and intestines. Having found no signs of infection, he picks up the whole double armful of garbage and dumps it over into the next compartment, and turns to the machinery of another hog.

Having observed the whole process, we went over into the next building and saw them killing sheep. You who enjoyed so heartily that leg of lamb with mint sauce at dinner last night, would you eat it if you had to draw a knife across the throat of the little, woolly, brown-eyed thing? I couldn't. I thought of Pope's line wherein he upbraided his fellows with the slaughter of "The lamb . . . who licks the hand just raised to shed his blood." I haven't eaten a piece of lamb in twenty years save when it was served to me at some other fellow's table and I had to eat it to avoid hurting somebody's feelings.

And then from the sheep department we came into a big room where Texas longhorns were being rushed into individual pens, while to and fro on a bridge over the pens walked a huge, lumpy hulk of a man, armed with a heavy, long-handled sledge hammer, which he swung every few seconds against the skull of a cow, whereupon it fell in a heap on the floor of the pen. Once he missed the right spot a trifle, and the half-dazed steer scuffled and plunged about while the man struck hastily again and again, and finally brought him down.

Having dispatched all the occupants of the pens, the big fellow sat down with his hammer between his knees to wait until they had removed the bodies and driven in another bunch. As he sat, he stared moodily at the floor, somewhat in the manner of Rodin's "Thinker." I wondered if he could be pondering upon the thousands of lives he had taken in years past. Probably not. But what a scourge he has been to the bovine race! I never saw a man more typical of his job; great, hairy, pudgy paws, mighty, stooping shoulders with a rather small head set between them, a heavy, sullen, square-jawed face.

And somehow, although the processing may all be done in as humane and cleanly a manner as is practicable—no doubt it is—yet that great, hard-featured butcher, the struggles and shrieks of the dying animals, the odors, the sodden floors, slippery with blood and grease and water, the bedraggled workmen, all combined to give me a distaste for meat.

And though they may be never so cleanly in the packing-houses, the fellows who handle the meat later are by no means as careful as they should be. If you will come with me through some of the big wholesale meat and poultry markets of New York City and other places (and I have gone over some of them pretty thoroughly), if you will watch the drivers in filthy smocks handling meat with dirty hands out of dirty trucks, if you will examine your retail meat shop carefully (even the smell that comes out of some of them is almost overpowering) you may, as I do, have something of a qualm every time you put a piece of meat into your mouth.

As for wild meat—if we bar fish and snakes from the discussion, I have killed only eight wild things in my entire career, all before I was twenty years old; and they were as follows, to-wit:

- 1 rabbit
- 1 crow
- 1 whippoorwill
- 5 bullfrogs

The rabbit and the frogs were killed for the table, the crow was killed wantonly, because I had a gun in my hand, and the whippoorwill was downed by an unexpectedly clever throw with a green apple as it, in company with several others, was having its evening romp after the fashion of whippoorwills, by flying in wide curves and zigzags just after sunset. I have never experienced greater surprise nor remorse than when the apple struck and the wounded thing came fluttering helplessly to earth. I nursed it carefully for two days and offered it all sorts of food, but it died on the second day.

The meek, scared, glazing eye of the dying rabbit gave me some unquiet moments, too. To tell the truth, I never enjoyed hunting. I just went because some other fellow wanted me to go with him. And I have been almost equally indifferent to fishing. In my youth, all my



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chums were ardent fishermen, and I used to go with them for love of the out of doors and their company. The great arching trees, the murmuring creek dappled with sunlight, a beloved pal only a few yards away, and all the enchanting sights and sounds and odors of summer were enough to make a day's fishing an unforgettable joy. I grew to be an expert fisherman, when I kept my mind on the job; but I was apt to become absorbed in watching a "kildee" running along a sand-bar or an oriole flashing through the leafage overhead, and let some daredevil fish run plumb away with my bait and hook.

And yet I never quarrel with the fellows who love to hunt and fish, provided they aren't game hogs and don't pursue their sport out of season. Last summer, for three solid days I rowed a friend 'round and 'round and all over a lake in the North country, while he trolled for pike and muskellonge; and I got as much fun and benefit out of the fishing as he did.

My wife and I have never been heavy meat eaters, and we have been steadily decreasing our consumption of meat for several years—not alone because of the killing and because of our knowledge of how meat is handled, but because we find that meat is not necessary to our diet, and in fact that a minimum quantity of it, and that at infrequent intervals, agrees with us better than the use of it as a regular regimen. By this I mean that many days pass when we have no meat at all on our table, and sometimes there are whole weeks when we taste nothing save three or four slices of breakfast bacon apiece. In fact, our whole meat list doesn't include anything else but an occasional slice of ham or a steak. We usually serve meat when we have guests, and of course we nearly always eat meat when we dine with someone else; but if no one in America ate any more meat than we do, the big packers would have to go out of business.

I have never been able to understand how any one can eat the vital organs of animals. A slice of the flesh somehow doesn't seem so bad, but when one guzzles down such offal as brains, hearts, liver, stomachs (for table purposes called "tripe"), hogs' intestines (disguised as "chitlings"), the pancreas (dignified with the dainty and high-sounding title of "sweetbread") and chicken gizzards, such eating seems disgustingly cannibalistic to me, to say the best of it. Consider the liver, for example, which many are so fond of. It is, in effect, the septic tank of the body, drawing the bodily poisons into it for neutralization. And though you may possibly eat liver without suffering much from those poisons, yet the very thought of its functions renders it ineligible as a food for me.

Speaking of cannibalism, old Pythagoras used to think that flesh-eating had a decided effect on the character. He enjoined abstinence from it "because

abstinence is conducive to peace. For those who are accustomed to abominate the slaughter of other animals as iniquitous and unnatural will think it still more unjust and unlawful to kill a man or engage in war."

Come to think of it, did you ever hear of any of the great warriors or conquerors of history, any of the Vandals, Goths or Huns, and banditti, or bullies, or gunmen or headsmen or such-like, either ancient or modern, who were vegetarians or near-vegetarians?

I have made admissions in this article which indicate that I am not a strict vegetarian. I believe that eggs and milk products in the proper quantities are desirable foods for most folks. In fact, I propose to put up a pretty strong fight if anybody tries to take away my butter or my cottage cheese or buttermilk or ice cream or my occasional omelet. But I could swear off meat eating for good and all, and still be exceedingly cheerful.

After all, meat is more of a stimulant than a sustenance. "But where will you get enough protein if you don't eat meat?" some folks cry. Well, our family get it mostly from purely vegetable foods, with considerable assistance from milk and milk products, and somewhat less from eggs. Vegetable protein appears to be as good as animal. Whole wheat bread has much protein in it, as have all cereal foods. Nuts are chuck full of it, and so are beans and peas. And I don't know of anything much better than fresh green peas or big, fat, mealy lima beans.

Some of us eat too much protein, anyhow. Our vegetarian friends insist that out of our 2,000 daily calories we need only 200 of protein, while 600 should be fats and 1,200 carbohydrates. On the other hand are scientists like Cathcart, Voit, Pfluger, Folin and others, great experts in the chemistry of nutrition, who say that one-fifth instead of one-tenth of our daily food should be protein. I have decided that for myself a point about halfway between the two is not far wrong.

This matter of eating is a variable thing, anyhow, and it is pretty difficult to lay down rules which will admit of no exceptions, the reason being that no two of us are built exactly alike. There is nothing truer than that "One man's meat is another man's poison."

There are big, vigorous people, perhaps doing physical labor every day, who can eat some meat and throw off the toxins therefrom much better than we who lead comparatively sedentary lives; but there is little doubt that even those persons would be better off if they cut down their allowance of meat at least as far as to one-fourth or one-fifth of what they are consuming now. In fact, many such people, whom everyone supposes to be in perfect health, to the surprise of the community presently come down with colitis or appendicitis or gall stones or Bright's disease or some other affliction more or less closely connected with uric acid poisoning, and

(Continued on page 130)

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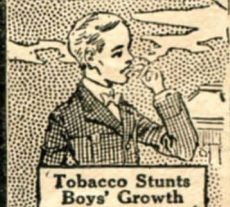
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(Continued from page 128)

many of them do not live out their allotted span of life because their arteries have hardened.

You may say that I am not consistent when I deplore the killing of animals, and still eat a bit of meat now and then. Perhaps I'm not; is anybody entirely consistent? I realize that if I did nothing but write and speak protests from now until the day of my death, I could not stop the killing of animals for food. I have figured out that at the rate at which I eat meat, I would not consume one entire cow or hog in a lifetime; so I console myself with the thought that I am not completely guilty of causing the death of a single animal. If that isn't logic, then I don't know logic when I see it! At best, I am guilty only of contributory negligence; of following the Easiest Way, as it were.

Seriously, I have written this article just to ask you whether you believe that you or I would ever eat meat again if we hadn't someone else to do all the dirty work for us? There is nothing violent, nothing brutal, nothing repulsive about raising fruits and vegetables, or keeping a hen to lay eggs or a cow to supply you with milk and butter. But I firmly believe that ninety-nine per cent. of you who read this article resemble me very closely in this one thing—namely, that you are shutting your eyes and stopping your ears against the inhumane and unclean features of flesh-eating; and that you would forswear meat forevermore if you had to do the killing and cutting up of the animal.

In ancient times many of the intellectuals were very uncompromising vegetarians. Not only Pythagoras, but Hesiod, Porphyry, Plutarch and many other writers and philosophers spoke very trenchant words on the subject. "Ah, what a monstrous thing it is," said Ovid, "that entrails should be entombed in entrails; that one ravening body should grow fat on others which it crams into it; that one living creature should live by the death of another creature! Among so great an abundance which the earth, that best of mothers, produces, does, indeed, nothing delight you but to gnaw with savage teeth the sad produce of the wounds you inflict, and to imitate the habits of the Cyclops? Can you not appease the hunger of a voracious and ill-regulated stomach unless you first destroy another being? Yet that age of old, to which we have given the name of Golden, was blest in the produce of the trees and in the herbs which the earth brings forth, and the human mouth was not polluted with blood."

What would you do with a burglar? Or, better still, what should you do? Do you know? Read the article on the subject in **PHYSICAL CULTURE** next month and find out.

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Every young woman should know

What every husband and

Every young wife should know

What every parent should know

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Growing Too Fast?

If you are one of those boys who shoot up very rapidly between the ages of fourteen and sixteen reaching a stature of 6 feet 1 inch, you should not expect at the same time to gain in weight. It is only natural that you should be slender, and probably a weight of 145 pounds is altogether normal. Simply cultivate health and vigor and as you grow older your body will gradually fill out. There is no advantage in being stout. In your case it would be well not to attempt too much strenuous athletic work until you are a little older, inasmuch as your body has probably grown faster than your heart and there might be more or less strain on your heart if you attempted violent athletic work. Continue gradually to indulge in healthy sports and take all around good care of yourself, then you can forget the question of your weight.

Catarrh

W. S.—Your catarrh is not the cause of the other symptoms which you mention, but, like these other symptoms, this catarrh is merely the manifestation of your general state of ill health. The scheme of life that would build up your general bodily vigor and incidentally overcome your catarrhal trouble, would also tend to overcome your underweight condition, your nervousness, your poor circulation, and the heart trouble that you describe. Probably your heart trouble is of a nervous character or of nervous origin. If the milk diet did not accomplish results, it may be that you did not give it a sufficient trial. If you would precede the milk diet by a fast of several days, you would probably get results from it. If you would live exclusively an outdoor life, also sleeping outdoors, and follow a diet that contained little or no meat, consisting largely of uncooked food, salads, nuts, fruits, milk and buttermilk, we believe that you could not fail to gain normal and vigorous health. Be sure to maintain bodily warmth, especially keeping your hands and feet warm.

Clearing the Throat

H. A. G.—I am not in a position to recommend a good preparation for clearing the throat if you are looking for something to buy in the drug store. Any gargle of ordinary salt solution or a little borax would do as well as anything of that kind. The best thing in the world to clear the throat, however, is some form of acid fruit juice. Eat an orange, or a grapefruit without sugar, and note the result. Pineapple juice is especially valuable, but almost any acid fruit will serve this purpose admirably. If your diet contains enough fruit of this kind, it is not likely that you will feel the need of "something to clear your throat." The drinking of plain hot water may also be suggested.

Weakness During Fasting

E. H. M.—It is quite normal that one should experience a feeling of loss of energy when fasting, and even when one finds himself able by an effort of the will to summon his usual muscular strength for his exercises or any special effort, yet there may be this feeling of lassitude. In fasting, therefore, many prefer to rest, to a large extent. If, however, you find that you experience weak spells with your heart, it may be that your condition is such that you could not very well fast for any length of time. You should try to achieve results by means of a "fruit fast," or a fruit diet, for a few days, followed by a milk and fruit diet, particularly if your experience demonstrates that the exclusive milk diet is constipating in your case. Your regular diet of whole wheat bread, vegetables and fruits, is



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entirely rational, and should work out beneficially if you will stick to it. Perhaps you need more outdoor life, exercise and sleep.

So-Called "Milk Leg"

Seattle, Washington.—Your physician is quite right in his statement that the term "milk leg" is old-fashioned. The expression is entirely without any foundation, inasmuch as the condition it is supposed to describe has no relation to the milk glands, but is purely a case of blood poisoning growing out of infection as a result of carelessness or lack of sanitary conditions in conjunction with childbirth. If the trouble has persisted in chronic form after many years, all that one can advise is general constitutional treatment of a blood-purifying nature. Certainly a condition of this kind, in which occasional sores break out on the legs, requires a diet that is free from any excess of proteins. Not only very little meat, but not too much of eggs, cheese, or other protein foods.

Fat Ankles

B. E.—The surplus of flesh on your ankles and limbs is only a part of your general increase of fatty tissue, and the remedy will require not only such a reduction in diet as to bring you down to normal weight, but particularly active exercises for the legs so as most quickly to lose the excess of fatty tissue there. Fancy dancing, rope skipping, skating, and similar exercises should be of more value than walking. Did you see the so-called sixteen London Palace Dancing Girls recently in vaudeville? The amount of exercise they secure in conjunction with their dancing has insured slenderness of limbs, in some cases even too much so. A word to the wise is sufficient.

Childhood Eczema

Luverne.—There is no question that eczema and many other skin disorders of a like nature have a very close relation to diet. It has been demonstrated in any number of cases that eczema among adults is very closely related to the eating of meat, since it disappears with abstinence from meat and reappears when meat is eaten. In infancy the dietetic factor is probably the main consideration. In some such cases the use of pasteurized milk may be unfavorable. If you can get clean, fresh, raw milk it might solve the problem of your fifteen months old child, particularly if enough orange juice is used in conjunction with it. As for the case of your two months old baby who is also showing signs of this disorder, it may be that the mother's diet is at fault. If the mother would eliminate meat and reduce the protein percentage in her diet while nursing this baby, also increasing the consumption of fruit herself, it would probably work out successfully. Why not write and let us know the results?

Heart Trouble — Physical or Mental?

T. M. B.—Your experience of seeming palpitation of the heart upon the occasion of speaking in public, seeing an important person in an interview, and other such occasions, probably means only that you are exceedingly nervous and does not necessarily indicate anything wrong with your heart. Upon this point, however, it might be worth while for you to have a thorough examination. In other words, your seeming heart trouble is probably psychological rather than physical. On the other hand, there may be, to some extent, a physical basis inasmuch as a more vigorous state of health combined with increased strength would probably give you a quality of self-confidence that would enable you to undertake important interviews or do public speaking without the strain and excitement that you describe. Probably it would be of advantage to take the course in public speaking that you have been thinking of, if only to make you accustomed to appearing before others and ultimately giving you the confidence that you need.

What Kind of Girls Smoke

(Continued from page 23)

children than their father ever gets; nor does any normal man begrudge his wife that privilege.

Here, then, may be some reason and justification for the old "clinging vine" tradition which it is the fashion, in this robust age of the feminist, to laugh at. There is an eternal reason for the clinging vine notion of women; you will find it well expressed in the old song that begins:

"Young Rory O'Moore loved Kath-
a'een Bawn;
He was wild as a hawk; she, soft as
the dawn."

From such women spring the boys who will grow into Rory O'Moores and the girls who will be other Kathaleen Bawns.

I am aware that it is the fashion to dispute all this. I merely point to the fact, rooted in biology and psychology, of this eternal, basic difference; and that it sums up in the fact that women are more closely allied to children and to adolescents in their requirements than they are to the tough, full-grown male of the species; and that there is something wrong with them when they are not.

This is a fact that has to be reckoned with. It makes an absolutely similar code for men and women both impossible and undesirable. It means that conduct which might be comparatively devoid of harmful consequences in the one may have the gravest results if indulged in by the other. Can you imagine a woman nursing a baby and smoking a Pittsburgh stogie, or even a mild cigarette?

If there be a sound reason why women should not smoke cigarettes, it is the same reason why they should not smoke big, black cigars, or a pipe. The difference is only one of degree. There is no other reason. As a practical problem of conduct, it has to be gauged simply by the effect. If there be any reason why men should not smoke, it has to be argued on the same grounds: What is the effect?

Of course this opens the way to the claim that since it may be plausibly maintained that it does a man no special harm to smoke in moderation, it is equally evident that it may do a woman no harm to smoke in still greater moderation—if she substitute the mild cigarette, for instance, for the strenuous cigar or pipe; that the true solution is for a woman to guard herself against excess, just as she might take one glass of wine or one cocktail, but no more.

Is that sound reasoning? Perhaps. I admit that the question is debatable. And yet, it calls to my mind an incident in my own experience which brings us right back to the suggestion I have made that a woman's physical organization is to be classed in delicacy with that of a child,

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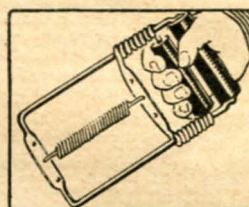
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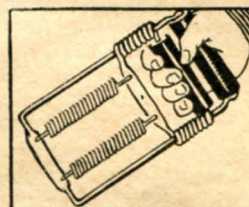
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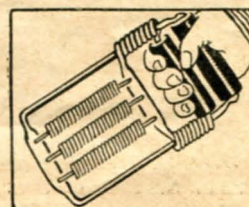
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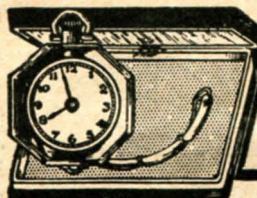
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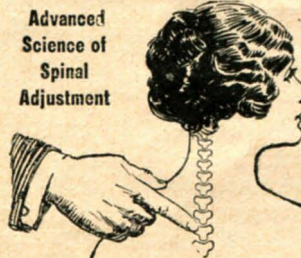
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and should, in most cases, be as rigorously shielded from stimulants and narcotics.

When I was a youngster I once called at the home of a young woman who represented a perfection of breeding, education, culture and refinement, which we are accustomed to recognize as one of our ultra-metropolitan products. It would have been better for that young woman's health if her mother had married a prize-fighter perhaps instead of a prominent but small-muscled dignitary of a very important and dignified church.

Besides being highly cultured, this young woman had a mind and will of her own, and was on the whole very sane and well-balanced besides.

In those days it was not so common for women to smoke as it is now. For a girl to smoke was almost as bad as for her to wear a skirt coming only as low as her ankles.

When I arrived, the first thing she did was to take a cigarette, a very choice and expensive cigarette, and to offer me one. I took it. It made me feel right devilish, I can tell you. This, I told myself, was seeing life. The Movie Vamp hadn't come in then; but it was a good deal like keeping company with Theda Bara or Pola Negri in their vampish moments.

We smoked, gravely, sedately, self-consciously. I watched her critically, and I observed that she didn't know the tune; but what most surprised me was that she smoked just *one* and then quit.—I commented on this. It seemed like undue moderation.

"I can't smoke more than one," she said. "They make me sick."

Since then the memory of that incident has come back to me many times. I know now that if she did not inhale, and if the cigarette was mild, and if *one* was her limit, tobacco was a poison to her, and she probably had no business to be smoking at all.

But what about the woman who could have smoked a box of cigarettes on the spot and never know she had done it?—I answer with another question: What about the woman who can drink a half dozen highballs with the toughest male tippler, and demonstrate that like him, she has leather insides? Does the thought charm you? Has the lady retained those æsthetic values which tell the world what she is, or what she isn't?

The whole point is that while it is bad enough for a man to have cast iron insides, or pickled internal organs, or smoke saturated lungs, it is infinitely worse for women to be that way—worse in its spiritual implications and worse in its physical consequences. It is bad for the women, and it is bad for the babies that are to be brought into the world and nourished at those breasts.

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should be, not a person akin to himself, and sympathetic to him, but a smoked, toughened, tanned, and pickled feminine edition of the Old Soak.

If a woman is never going to have any children her offense toward the race is less; but the woman who expects motherhood, thereby accepts a peculiar responsibility which involves the stewardship of her body, and involves besides that, a certain respect for the aesthetic values in her life. The use of tobacco is not consonant with the perfection in these fine and lovely qualities which children have a right to require in their mothers.

You can sum it up this way—the reason why women should not smoke is essentially the reason why they should not swear, or chew, or drink whiskey; it's *tough*; and they don't know the tune; and they can't know it unless they *become* tough. Beware the woman who does these things, not with loathing, but rather with ease, elegance, and relish.

I knew a man who, when he was a green country boy made a trip to the great city. There a friend undertook to show him the town; and they started on a journey through the Tenderloin, to the end that the youth might see what the world was like.

"And," he said in relating the experience to me years later, "there sat that girl, smoking. I wasn't used to seeing women smoke. They didn't do it in our neck of the woods. But that wasn't what disturbed me. What clean bowled me over was *what* she was smoking,—a big, fat, black cigar that would have put me on the casualty list in five minutes. And I considered myself pretty hard-boiled, too. That finished me. I couldn't see anything attractive about a woman smoking a rank cigar. Whatever temptation I was under with respect to the lady fled. 'Come,' I said to my friend, 'let's get away from here.' We went.

"It was the shock of my young life. But I have always been thankful to that girl for frankly smoking that cigar. A library of preachment and warning from all the sages could not have more completely and vividly revealed to me just what she was—just how hard she was, how unlovely, how unlike a woman, how physically and psychologically repulsive, and what violence a man does to his deepest instincts when he permits himself to be drawn by such women. I suppose it was the want of what I might call feminine aesthetics in the performance rather than its unconventional side, that repulsed me most. I wouldn't have recoiled from a cigarette; I wouldn't have seen what it meant; but the cigar—the highball beside her—there was no misinterpreting that.

"It taught me a fundamental lesson. I know now why I abominate coarse-grained women, and women who make themselves coarse-grained. It's instinctive. They can't be good mothers. No child should ever be trusted to their hands—and no youth, either."



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By this time I have probably gotten myself into the black books of the indignant reader who says, "Why all this preaching at women, and this placid toleration for the same conduct in men?"

They quote Ophelia, who counters the sermon of Laertes with:

"I shall th' effect of this good lesson keep,

As watchman to my heart. But, good my brother,

Do not, as some ungracious pastors do, Show me the steep and thorny way to heaven.

Whilst, like a puff'd and reckless libertine,

Himself the primrose path of dalliance treads,

And recks not his own rede."

I hasten to add therefore, that this article is in no sense intended as a defense of piggish ways of living in men. I merely make the broad contention that piggishness in a man does less harm to society than piggishness in a woman; and that so long as women will maintain sound standards in these matters, they can impart such standards to their sons. Certainly there is no other way. Certainly they can't do it by coming down to the masculine level. The meaning of the "emancipation" of women is not to be found in habit forming practices.

I will go further, and say that I think it quite possible for many women to smoke, and to take no harm from it, and to do no harm by it. Further, that the application of any broad rule of conduct should lie with the common sense and conscience of the individual who applies it, and that it would be nonsense in an article of this kind to lay down a sweeping rule with the claim that it ought to apply rigidly to all women.

The important thing is the principle that lies back of the whole business. As for conventions, except as they express that principle and are essential to it, I care for them not a wit. I like to see women branch out and experiment with every hitherto masculine prerogative from the vote to the cigarette, provided only that they recognize how great is their responsibility not to lose sight of the real issue. What that issue is I have tried to define.

A girl has just as much right to want to know what it feels like to smoke a cigarette as has her brother. But she must never forget that nature has placed in her hands a responsibility far greater, a trust more precious, a privilege more gracious, than anything her brother can ever know. The things he may do if he will, these are too often his destruction; the things she must not do—these are her scepter, and the symbol of her power in the world. For her the miracle of the Annunciation is written in the skies at dawn; and in the sunset she may read the miracle of Motherhood, as in the day of Mary the virgin.

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What's the Best of All Exercises?

(Continued from page 49)

to full capacity. The stomach must be allowed to expand naturally, without being confined to a belt or cloth—a frequent cause of pain in the side.

The upper part of the body should be bent a trifle forward. Do not under any circumstances allow any lowering of the back. Above all, do not allow the upper back to make any jerking movements. The legs should be given careful attention in running. Throwing the legs high in the air, or stretching them from behind is a waste of energy. Only the balls of the feet and toes should touch the ground. It is a great mistake to run on the whole sole of the foot, as it causes one to have flat feet in due time. Be careful! The continued shock of the heels striking the ground shakes the body violently, and may also injure important organs. Running on the balls of the feet stretches and develops the calf muscles to enormous proportions. It developed my calf muscles from thirteen inches to fourteen and one-half inches. I consider that a remarkable gain for such muscles. Another tremendous advantage in running on the balls of the feet is that it enables a runner to go up a hill or against the wind with ease.

It is best for a beginner to run in heavy soled shoes; later lighter shoes may be used. Thin soles serve only to give sore feet, on account of the incessant shock of coming in contact with the ground. The length of time devoted to each run depends entirely on how much the legs, lungs and heart can stand. The beginner should pay careful attention to these factors in himself, and if he doesn't overdo the exercise, he will be astonished at the quick rebound he will experience. The longer the sport is continued, the better you will enjoy it.

Running will remove superabundance of adipose tissue more quickly than anything I know. But the man with a weak heart should not venture it. Age doesn't mean anything, however. Some men are in far superior physical condition at sixty than they were at thirty-five. Companionship on a run adds to its interest, and I would suggest your starting out with a friend if circumstances permit.

Loss of appetite is a positive sign of a weak stomach. It would be a surprise to many to find how soon their internal organs would get into regular working order if they fasted for a couple of days, following the fast with running exercise.

There is no greater crime against the stomach than eating without an appetite, for the stomach is in no condition to digest food when you are not hungry. If people could only see the fearful harm, the rasping, tearing and grinding out of

(Continued on page 139)

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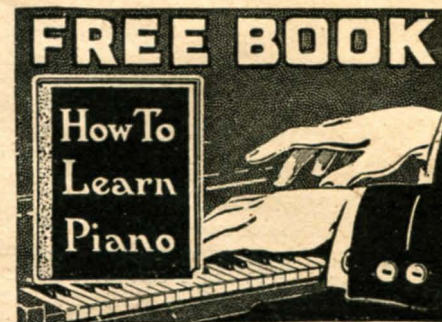
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Hair Dressing

A SHORT time ago Bernarr Macfadden, world renowned Physical Culturist, realizing how very little really authoritative information had been published upon the proper care of the hair and scalp wrote a treatise upon that subject entitled "Hair Culture" which he published in book form.

While he knew the care of the hair and scalp had been neglected except by patent medicine companies, he did not begin to realize what a tremendous demand existed for a comprehensive work on the subject by a great specialist such as he is.

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(Continued from page 137)

delicate life bearings caused by over-eating and wrong food combinations, they could never be induced to indulge in such a debasing habit again. There are

so many theories about eating to-day that one may take his choice, as one ounce of experience is worth a bookful of undemonstrated theories. Horace Fletcher often said "You may eat anything you like, if you eat it at the right time and in the right way." It consists of eating when one is hungry, so hungry that "the mouth becomes watery and one could stand and whinny like a horse, at the smell of bread," and then chew it just as long as there is any taste left to the food. It is the opinion of those who have special theories on "what to eat and how to eat it" that civilized man scarcely knows what true hunger is. We are in such a habit of eating at fixed hours that we create habit hunger. What a crime! Why, even animals kept at the zoological gardens have a weekly fast day. And it almost makes my blood boil to think that some human beings never fast, unless circumstances compel them to do so. What benefit it would be to the stomach if it could only be undisturbed for thirty days a year, the poor digestive machine overloaded and filled with poisons, worked at high pressure from childhood, and therefore becoming unfit long before the expiration of its functional life. The best time for fasting, I find, is in the spring. In the spring almost every one has "that

tired feeling," and other common complaints. Every spring I fast fifteen days, and follow it with a milk diet of ten days.

Remember that health is a pearl of great price, for which, if need be, we should be willing to exchange all our possessions. Without it all other things are powerless to make us happy.

Running can be persisted in all the year through, in frost or heat, in snow or sunshine, everywhere, even in the streets. And no man from fifteen to sixty should keep away from it; even young women should try it, as it is the very best method of overcoming self-consciousness, if they suffer from it.

In conclusion I set forth the following as the chief rules to be carefully observed by beginners:

Walk a quarter of a mile and then run a quarter of a mile.

Do not run too fast, but in ordinary dog-trot or cross-country style.

Never run in impure air, dust or smoke. Seek the outskirts of the town.

Never exhaust the lungs by running too fast or too far. Never run longer than your calf-muscles will permit.

Stop immediately when you become aware that you have a heart.

Stop as soon as you get a pain

in the side. Avoid actual distress. Try to promote free perspiration, but do not remain standing until you are cool.

Fasting and Milk Diet in the Cure of Syphilis

SUPPLEMENTING the experience of Mr. Joseph Thomas in the self-cure of his disease through fasting and milk diet, and having special bearing on Mr. Macfadden's forthcoming demonstration of the efficacy of natural methods in the treatment of syphilis, in which he proposes to give free treatment in a number of selected cases of this disease, as a challenge to medical methods, the following letter has special significance:

Bernarr Macfadden,
New York City.

Dear Sir:

In writing I wish to express my gratitude to you for the advice I received from you through an editorial in *Physical Culture* advising fasting and the milk diet as a cure for syphilis. I took that advice and am a healthy man again.

I had taken a number of series of treatments from various doctors, always with the same results, the reports on the blood tests invariably being four-plus. After seeing the last report I was certainly discouraged.

It has been more than five years since I first started taking treatments, but I thought I would try again. I went to a doctor who stated that he did not think I could afford to take treatments from him, but that the only possible cure for me would be a series of treatments that would require three years' time and cost me not less than three thousand dollars, and at that no guarantee of cure.

This was the last straw, and I lost all hope of ever being well again until one day I went to a public library and read an article in *Physical Culture* by Joseph Thomas, who had been cured of syphilis by fasting and the milk diet. Then I turned to the editorial pages by Bernarr Macfadden, and found that fasting followed by a milk diet was a positive cure for venereal diseases, including syphilis. That brought back hope and gave me faith.

At once I started on the right and only way, giving Nature a chance. I followed the same course taken by Mr. Thomas, simply fasting nineteen days and then going on a milk diet for thirteen weeks.

I hope that many more will regain health and happiness through the work of your great magazine.

Yours very gratefully,

Walter J. Van Deest.

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He desires these life saving facts to be spread broadcast to save people from salvarsan, or 606, etc., and the deplorable results that often follow its use. With this end in view an invitation is extended to additional cases who want to accept his free offer for treatment, to those who are willing to stand the glare of publicity associated with the publication of the details of the methods used in their cure. Those who desire to accept a proposition of this kind are advised to write to him immediately.

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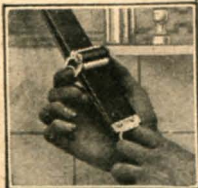
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Fighting Mad

(Continued from page 47)

and color. This is the happiest moment of my life, for the reality has not as yet touched me."

"Well, Bruce, I never heard anything to beat that. You see a girl once, and then fall in love with her! Why it's—." But here I stopped short, remembering that my own case was not so very different.

"Oh, I know it looks foolish," said Smythe. "But love is always foolish."

"What's foolish about love?"

"Love is the foolishness of the Great Child in the Heavens. The world is His nursery, and we are His dolls. When He wants to place His dolls in a peculiarly ridiculous position, He glues them together with the mucilage of love and puts them in the little painted house of Matrimony. Then He looks through the windows of the little painted house, and laughs to see His dolls struggling to get away. Sometimes the mucilage holds; and the struggling of the dolls becomes weaker and weaker, till finally it ceases altogether. Love has been too much for them. They are not contented—merely dead inside. Sometimes the mucilage isn't strong enough; the dolls tear themselves away bleeding, and escape from the little painted house."

"Bruce," I said, "you must be the most unhappy man in the world. Even if this nonsense of yours has any elements of truth, still you are entirely wrong to probe into it. The child, who un.masks a Santa Claus, is a very foolish child."

"No, I'm not unhappy. I'm very optimistic in being pessimistic, very happy in deluding myself that I am miserable. But what are you doing down here, 'Deacon?' Are you looking for a lost face?"

I had it on the tip of my tongue to tell him all about my love affair. But I have always had a secretive twist to my nature—a twist that keeps me from showing my soft side to others—so now I kept silent. "I have been squeezing some money out of my tenants," I answered. "But I've got a good one for you, Bruce."

"What is it?"

"Dr. Roberts and I had a long talk about you. He said that you were a dangerous man—a genius—and that your friends had better beware of you."

"He's right," said Smythe seriously. "I am that way." And then, turning towards me with a smile that came from his heart: "I'm not conceited, 'Deacon.' I'm only an egotist."

"You've got a mighty good opinion of yourself."

"Who hasn't that amounts to anything in the world? If you don't know that you're a great man, how can you expect anyone else to find it out? Yet individuality is discouraged right and left. It is ground out of children in school, young men in college, and finally the



"You have the talents of a bloodhound—find him!"

WITH that sentence she set her son upon the trail of the man she had sworn to love! Like a hound he trails his father—the father whom he had never seen—the husband who turned snarling bloodhounds loose upon his bride—across seas, into mining camps—while you follow with breathless interest to as odd a climax as ever ended a mystery tale. Who wrote this amazing medley of suspense and fun? Who else *could* have written it but that most amazing author, Mark Twain, himself.

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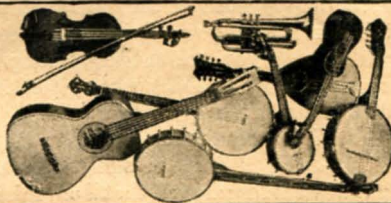
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business world annihilates it. The path to glory is lined with the creatures of age and respectability, and splendid youth runs the gauntlet under the cudgels of the staid and established."

By this time we had arrived at the Fraternity House. Smythe left me in the hallway.

"I'm going to beat out a little music," said he. "But remember what I told you, 'Deacon,' and lose that false modesty of yours. It's a hard cloak to shake off, considering that you've worn it all your life; but it's better, 'Deacon,' far better to sit beside the wild waves and tell them to obey you, even though you are drenched to the skin, if you can think for one little moment that they really will obey you."

CHAPTER XV

During the next few weeks, I saw Eleanor Watson almost daily. We walked and talked together; we visited the homes of poverty; we helped the destitute. And she seemed so interested in my ambition, so childishly innocent, so free from petty conventionalities, that my love for her grew to greater heights.

She told me of herself. It seemed that her father had been the only one who understood her. As a young man he had been a school teacher with high ambitions—ambitions that refused to be smothered in scholastic drudgery. He had ventured out into the world with these ambitions, had married below his station; and then the years had laid their heavy load of disappointment on his bowed shoulders. At first he had borne up bravely, but gradually his strength had been sapped away. At last he had recourse to that brightener of foolish dreams, that restorer of brief hope, whiskey. It had finally killed him; and Eleanor had been left with her crippled mother. Mrs. Watson had never understood her. Without gratitude, without any compensation, the girl had sacrificed herself on the funeral pyre of filial duty. It had been very hard.

She told me all this, dwelling very lightly on the ingratitude of her mother, evidently trying to conceal her sorrow from me. But I read it—or fancied I read it—in her great sad eyes. And because of this I loved her all the more.

One afternoon, two weeks after my first visit to the Watsons, I was sitting in the garret talking to Eleanor. The cripple sat in her accustomed chair before the stove—a gray motionless figure. As usual she was silent. From time to time, however, as Eleanor spoke of our charitable work, Mrs. Watson's unpleasant laugh resounded through the room. This trait in the old woman, this chuckling at charity, irritated me. It seemed unpardonable that one so near the grave should have such bitterness for life.

"How dark it's getting!" Eleanor said.

I'll light the lamp. Don't you hate the dark? I do, for I think there may be creatures lurking in the gloom."

"What kind of creatures?" I asked.

"Oh, I don't know. Ghouls, perhaps. Father told me about them. They live in the air, but we can't see them. At night they fly around biting people they don't like."

"You don't really believe in such things?"

"Oh, yes I do!" she cried eagerly. "I didn't at first, till father showed me a scar on his arm where a ghoul had bitten him. I had to believe him after that, didn't I?"

There came a low chuckle from the cripple. "She's most remarkable innocent and childlike," Mrs. Watson said. "Most remarkable childlike!"

"Speaking about ghouls," I broke in, "has any more money been pushed under your door?"

Again Mrs. Watson's voice broke the silence. "Yes, there was twenty dollars left under our door last Friday. It was in a letter. Didn't Eleanor tell you?"

"Oh, I forgot all about it!" Eleanor cried.

"We'll have to find out who sends this money. Can you show me the letter?"

For a moment she was silent. She seemed to be lost in thought. "I think it's in the other room," she said at length. "I'll go and see."

She rose and disappeared into the bedroom. She was gone fully fifteen minutes. When she returned, her voice was shaking with emotion. "A terrible thing has happened, Mr. Colgate. I've lost the letter and the money, too. What a careless girl I am!"

"Yes," Mrs. Watson said irritably, "you are the most careless girl I ever seen. You was out on the street the other morning, and you must have lost it there. You remember, Eleanor—the day you found the bracelet in the gutter."

"You found a bracelet, Miss Watson? How was that?"

"I was walking along the street, and I saw it lying in the gutter. It was just outside of a theatre, so I think some lady must have dropped it while getting out of her carriage. It was a gold bracelet—almost as good as new."

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(Continued on page 146)

New Discovery Corrects Fallen Arches While You Walk From the First Day You Use Nervease Results Begin to Show

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How Nervease Secret Produces Results

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Fill in the coupon with your name and address, and mail it to us. It will bring a pair of these wonderful arch supporters; Put them in your shoes; wear them. If after a reasonable length of time there is no perceptible improvement, send them back. Surely you are not going to let an opportunity to correct your foot troubles pass by unheeded.

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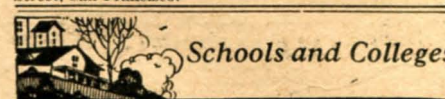
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(Continued on page 145)

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(Continued from page 144)



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(Continued from page 143)

grateful he was to you. But that nigger wasn't grateful. She even said—"

But Eleanor interrupted her. "What did I tell you, mother, about keeping that shawl around your shoulders," she said in a voice that vibrated with anxiety. "There's an awful draught! Now let me fix it for you, mother."

She rose quickly and approached the indistinct figure of the invalid. As she bent over the cripple, I thought I saw Mrs. Watson start back as if in expostulation against such constant care. But the anxious daughter bent down lower still. Suddenly there came a squeak of pain from the old woman—the noise a rabbit makes when the jaws of a steel trap snap together on its leg.

"Oh! Oh!! Oh!!! she cried, "You've hurt me. You—"

"Did I step on your poor rheumatic foot?" Eleanor broke in. "Oh, mother, I'm so sorry!"

She fell on her knees before the armchair and took the wasted figure in her arms. She seemed to be consoling her mother, for I heard the soft tones of her voice although I could not make out what she said. Under this gentle treatment, the cries of the cripple soon died down to little gasps. Finally they ceased altogether.

Eleanor rose and again seated herself beside me. "See what a great awkward creature I am," said she.

"No, it's my fault," I assured her. "If I had lighted the lamp, this never would have happened. Shall I do it now?"

"No. I'm a naughty child, and should be kept in the dark. Don't speak to me for fifteen minutes, Mr. Colgate. I've got to be punished for being so stupid."

"But that's punishment for me, too."

"Well, you just said that you were a little to blame, so we'll share the punishment together. Now not another word for fifteen minutes."

As we sat silently side by side, I reached out and touched her hand. The cripple all this time seemed to be sharing our punishment—she remained as silent as a ghost in her corner.

Eleanor's warm hand now lay in mine. I pressed it, and felt it return my pressure. I was about to speak, about to tell her that I loved her when suddenly her hand began to tremble.

"There's somebody in the hall," she murmured. "Mrs. Hogan's out. I know it's a burglar. I'm so frightened!"

"It's probably the man who slips money under your door," I whispered. "There's nothing to be afraid of. I'll catch him for you."

"Oh, don't go away!"

She attempted to detain me, but I gently disengaged her clinging fingers. Rising to my feet, I stole noiselessly across the room. Now I could hear cautious footsteps approaching nearer and nearer. Finally they stopped before the

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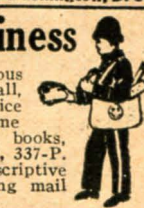
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Watsons' door. I heard the rustling of paper, the creaking of stiff shoes, and heavy asthmatic breathing. At last there came a suppressed grunt; I saw a white band of paper protruding through the crack under the door.

My time had come. Cautiously I put my hand on the knob, and, giving it a quick twist, pushed the door open. But the man had heard me and was now running down the corridor.

It is human nature to pursue anything that runs away. I had set my heart on unmasking the stranger. The anxiety of the man to escape, convinced me of his guilt. Evidently this fellow, who slipped money under doors, was up to no good.

I ran after him and was barely six feet behind. The man was very awkward on his feet; I could have caught him on the stairway, but I waited until he was in the darkened hall. Then I sprang upon him. At first he struggled weakly, but soon he lay listless in my grasp.

I could make out nothing in the gloom but the vague outline of my captive. Holding him firmly by the collar, I drew out a match and struck it. The next instant it dropped out of my hand. I had seen the thin vulture-like face of Jenkins.

"You!" I cried. "What are you doing here?"

"And what, if I may ask, are you doing here, Mr. Colgate?" he said with a sneer in his voice.

"That's not the question," I answered hotly. "I don't sneak up to doors and—"

"And push money under them?" Jenkins broke in coldly. "No, I didn't imagine that you did. Your kind never does that. You walk right in and buy—you never give anonymously."

I felt the blood mounting into my head. "Don't talk to me like that!" I cried. "You're so vile, that you think every one else is the same. You try to get into the good graces of a young girl by slipping money under her door. You want to buy her for your mistress; you want to drag her into the streets. You're a disgrace to age. Your kind of men should be poisoned like vermin."

"Hold on," said he, in his cold voice. "You may be right, but how are you any better? What were you doing in this garret with a poor girl? There wasn't even a light in the place. Why do you give her money? And why do you see her every day? You can't answer that and lecture me, Mr. Colgate."

"Oh can't I? I'll answer it in three words. I love her."

"Bah! But that doesn't make it any better."

"Yes it does," I answered. "My kind of love means marriage."

For a long moment he was silent. I could feel that his eyes were boring through the darkness. Finally he spoke. "If that's the case, get your hat and coat. I want a word with you."

"I don't want a word with you. You sicken me, Jenkins."

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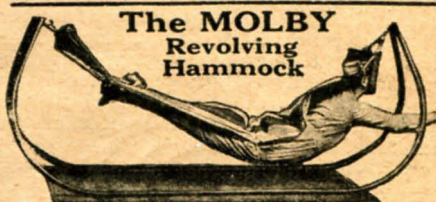
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PHYSICAL CULTURE CORPORATION
119 W. 40th Street, Dept. 3, New York City

The Vital Reason for the Internal Bath

In Chicago recently, there was held a gigantic political meeting that attracted a crowd of some 15,000 men and women of varying ages. On the outskirts of the assembly stood a physician with a friend. Turning to his friend, the medical man said, "I'll wager that in this vast throng there aren't 100 persons who are in anything like normal health."

Much as we dislike unpleasant truths, there is significance in that physician's remark for all of us. Few of us can honestly say that we are over 50 per cent efficient.

We all want to be free from disease or ailment of any kind. We all want to have pure blood, normal heart and sound nerves. We all want to enjoy restful nights and active, vigorous days. Yet most of us are half the time blue and worried, all the time nervous, and most of the time actually incapacitated by illness.

And why? Largely because we do not follow a few simple rules in the care of our physical condition. How many of us, for instance, practice internal bathing? True it is that this means of improving the physical condition is growing in use every day, but there are thousands of us yet who are strangers to the benefits of the Internal Bath.

The need for internal bathing is due simply to the fact that we have within our bodies such an organ as the large intestine, commonly called the colon. Accumulating waste as it does, the colon is the bane of our health. The waste is toxious, which means poisonous, and as the blood flows through the walls of the colon, it absorbs the poisons and carries them through the circulation. That's what causes Auto-Intoxication—which in plain English means "Self-Poisoning," a condition which pulls down our powers of resistance and renders us subject to almost any serious ailment that may be prevalent at the time. And the worst feature of it is that few of us know when we are "Auto-Intoxicated."

The proper kind of Internal Bath is Nature's own relief and corrector—just warm water, which, used in the correct way, cleanses the colon thoroughly its entire length and makes and keeps it sweet and pure.

The effect of your physical condition is little short of marvelous. Your eyes take on a new sparkle, your step a new vigor. Your nerves relax, your appetite improves, and your sleep becomes more restful, more refreshing. You feel re-made.

To really understand the Internal Bath and all that it accomplishes, one should read the very interesting booklet by Dr. Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade." Dr. Tyrrell's own life was saved and prolonged by Internal Bathing and he wrote on the subject like the eminent authority that he was. The booklet, which is entitled "The What, The Why, and The Way of Internal Bathing," will interest every man and woman. All that is necessary to secure this booklet is to write to Tyrrell's Hygienic Institute at No. 134 West 65th St., New York City, and mention having read this article in *PHYSICAL CULTURE*. The booklet will be mailed to you free of all cost or obligation.

"Maybe so," he said very coolly. "But old Jake, who runs your saloon on Pell Street, is dying; and Roberts is putting the finishing touches to him. He'd like to see you. Let's go over for a moment. It's only two blocks."

"If Roberts knew what you'd been up to, he'd as likely as not beat you into a pulp."

"He never does agree with me."

"That's scarcely surprising. But wait here for me. And don't tell me anything more about yourself. I've got a hasty temper. When I see a cockroach, I step on it."

CHAPTER XVI

In a very short time I had convinced Miss Watson that there was nothing to be frightened about, and had joined Jenkins in the hallway. We were soon in the street. Not a word was spoken till we saw the lights of Jake's saloon.

"What's the matter with him?" I asked.

"Pneumonia," he answered curtly.

"Is he going to die?"

"Dying now."

Nothing more was said till we stood in the crowded bar-room. The place was packed but strangely hushed.

The near approach of death has a peculiar effect on the living. They speak in whispers as though the dread spectre were listening at the keyhole. They have a guilty surprised look about them, a look that says: "Why, I know him well. It can't be possible that he is going to die. Who then is safe?" It is the look of a guilty school boy when the master seizes him by the collar—the look of a man watching something new and terrible approach. And this look remains graven on their faces till they feel the presence of the shadowy form. It comes, it goes, it leaves silence in its wake—then, once more, things are as they were. The unknown has been forgotten.

So it was in this bar-room. The scum of the East Side conversed in whispers; every now and then one would look up quickly at the ceiling, as though his bleary eyes could penetrate the plaster.

"I knowed him when he was yer double fer looks," said an old gray-haired man leaning towards the bar-keeper. "Jake the Bull," they called him, because of the big neck on 'im, and now he's dyin' fast."

"Right you are, Phil," said another. "But there ain't none of us gettin' younger that I knows of. It don't seem square, though, that him, the pride of the Bowery in his fightin' days, should be goin' first. Now as fer me, I'd have picked you, Phil, to be planted a good dozen years before 'im."

"I'm as right inside as a top," said Phil, with a quick jerk of his head towards the ceiling, and a hasty drink of whiskey. "There ain't no fear of me goin' yet—no, not by a damn sight."

Jenkins caught the eye of the bar-

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I had used two or three kinds of colored glasses to shade my eyes, but they seemed to only add to my misery after using them a few days. I finally decided to have my eyes tested, a thing I hated to do, but finally I went to an optician and underwent a treatment.

After carefully testing my eyes he finally became rather puzzled at my case because he found after careful investigation that I might not need glasses.

This puzzled me too for I knew not what step to take next. About this time I came across an advertisement of yours and sent for it at once. I received it in due time and have been following instructions as best I could ever since. This was thirty days ago. To-day I am able to see clearly on the brightest sunshine day without frowning, be the pavement or street ever so bright. I have discarded the glasses altogether.

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keeper who ducked his head with such rapidity that a scar on his forehead seemed to run right up into the straight part of his hair.

"De old man's asleep now," he said in a husky whisper. "Dr. Roberts is waitin' fer yer in de back room."

I followed Jenkins to the rear room. Roberts sat before a small round table. At his right hand stood a foaming mug of ale. His head was bent. He was evidently in deep thought.

"See whom I've brought back with me," said Jenkins. "Here's a friend of yours."

Roberts looked up quickly. "The 'Deacon'! What are you doing here?"

"He brought me."

"How was that?"

"I caught him outside of a girl's door slipping money in through the crack. I told him what I thought of him, and then he asked me to come here."

"And how did you happen to catch him?" Roberts asked sternly. "Where were you?"

"I was in the room with the girl."

"That looks bad. What were you doing in the room of a poor girl like that? It seems like a case of thief catch thief."

"I'm in love with her," I cried hotly.

"Yes," said he, "And?"

"I'll marry her, if she'll have me," I answered.

"I knew it!" Roberts cried, springing out of the chair and clapping me on the back. "I knew it all the time, in spite of this old vulture's cynical croakings. I guess I have you, Jenkins, eh?"

"All I've got to say is this," said Jenkins. "If you put a beggar on horseback, that beggar is going to ride over you every time." Then he turned toward Roberts. "I'll leave him to you. Tell him all about it, if you want. I'm going up-stairs to see how Jake is getting along."

"If he wakes," said Roberts, "let me know. That will be the beginning of the end."

Jenkins walked out of the room with a grim nod of his head, but in a moment more he was back in the doorway. "You outguessed me that time, Roberts," said he. "But remember my words," and he shook his long bony finger at us. "Put a beggar on horseback, and that beggar will ride over you every time. That's what I predict about this fool marriage. Love! Fiddlesticks!" He was gone.

The next installment
of
"FIGHTING MAD"
will appear in
PHYSICAL CULTURE
for April



Pull Your Disease Out By the Roots-

Some twenty years ago I first learned from my own experience, that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me, and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.

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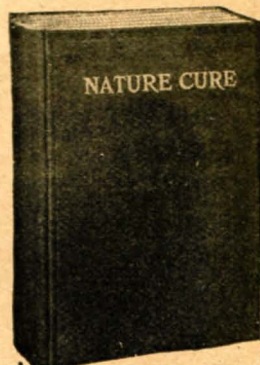
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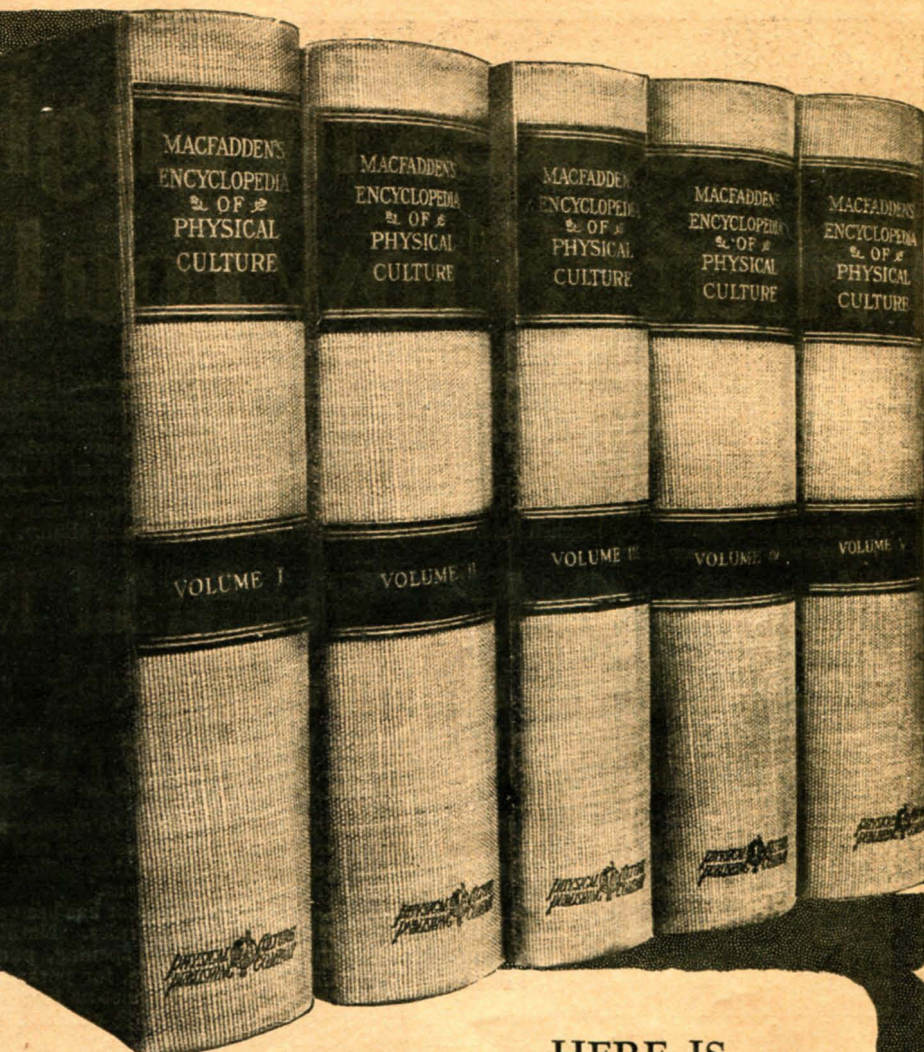
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Because it is impossible for us to explain adequately about this Encyclopedia in this space, we therefore want you to mail the coupon printed on the next page so that we can send you any volume of the Encyclopedia you select for free examination. Read the full details of this offer and mail the coupon at once.

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apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
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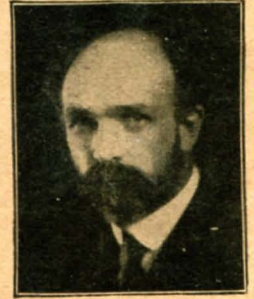
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Mistakes in English That "Show You Up"



SHERWIN CODY

In a five-minute conversation, or in a one-page letter, the average person will unknowingly make from five to fifty mistakes in the vital points of English. It is surprising to see how many experienced stenographers fall down in spelling such common words as "business," "abbreviate," "calendar," etc. It is astonishing how many business men say "Between you and I" instead of "Between you and me" and use "who" for "whom," and mispronounce the simplest words. Few people know whether to use one or two "c's" or "m's" or "r's," whether to spell words with "ie" or "ei," and when to use commas in order to make their meaning absolutely clear. And very few people use any but the most common words—colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum. Yet English is the most vital weapon we have. Upon our use of it depends our success or failure. Poor English "shows us up" as lacking in education and ability. Good English creates an instant and lasting impression in our favor.

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Here at last is a wonderful, easy way for any one to acquire a masterly command of English. After more than 20 years of study and research, and after making thousands of tests, Sherwin Cody has perfected a remarkable device which shows you instantly the mistakes you make and how to correct them.

This new method, on which a patent has been allowed, ends the drudgery of trying to remember rules. Nothing is more difficult than remembering rules for spelling, punctuation, pronunciation, and grammatical usage, for perhaps no language has so many exceptions to its rules as English. That is why the average person is only 61% efficient, by actual test, in the vital points of language.



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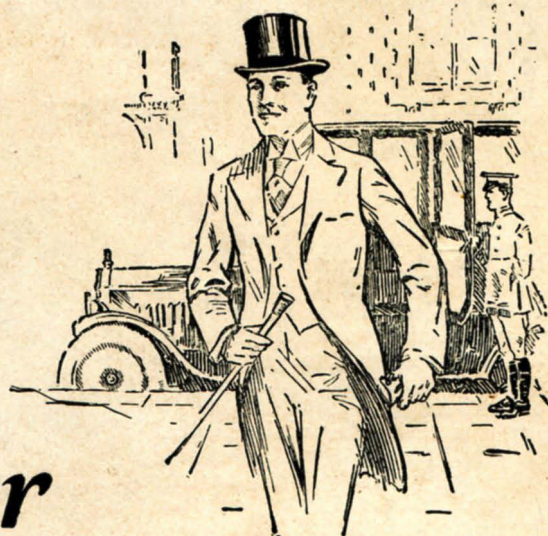
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Failed as a humble shepherd, and finally became a multi-millionaire.



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JUST what is it that makes a man a success? Is it hard work, education, training, "pull," or just plain luck.

Some men win success because of education and special training. Then you see men with but little education who are just as big successes. Others win success by strenuous work and bull-dog persistence. And then in contrast you see men who hardly seem to work at all, and flit from one thing to another, and then suddenly blossom out as big successes.

Most people who notice all these things come to the conclusion that winning success is largely a matter of chance. It does look that way. But as practical men and women you and I know that there is no such thing as chance in the whole universe. Everything runs according to fixed law. For every effect there is a cause. Success is a logical result—an effect—of "something." Let's see if we can find out just what this "something" is.

BUT before we go any further, let's lay this down as a definite, proved fact: Every normal man and woman has a natural-born right to success. And they have in them all the qualities necessary to win success.

Why, then, is it that more people are not successful? Simply this. They do not put their natural qualities to the right use—they try to buck the tide in lines of work for which they are not fitted. They are like the heavy, thick-set man who tries to become a long-distance runner; or the thin, frail type of man who aspires to become a weight lifter. No matter how hard they

Your Success is determined by two big factors—knowing what abilities you actually possess and knowing in what line of work to use them so that they will bring the highest price. Every normal man has in him the qualities necessary to win success. It's all a question of putting these talents to the right use. Failures are turned into amazing successes, and successes into even greater successes when natural talents are properly applied.

try, how much they train, they cannot succeed simply because nature did not equip them to do what they are trying to do.

Many a man who is squeezing out a bare living in selling could rise to quick and substantial success if he would become an engineer, or an accountant, or a buyer. He may not be fitted for salesmanship. But the very qualities that work *against* him in selling would work *for* him and would make it easy for him to win success in another line. And many an engineer, accountant or buyer who is barely "getting by," would find it easy to make a substantial income at selling, or some other line. It is all a question of getting in a line of work for which you are naturally fitted.

Would John D. Rockefeller have become the richest man in the world if he had stuck to his books? The chances are that he would not. He won his success by changing to the oil business. You can find thousands of similar cases where men barely eked out a living—often failed—in one line, and then suddenly won conspicuous success by getting into another line for which they had all the talents necessary for success.

Frank A. Vanderlip started as a machinist; he won his success in banking. John N. Willys started as a laundryman; he achieved remarkable success in the automobile business. George Eastman, of Kodak fame, was nothing out of the ordinary as an insurance man, yet see what happened when he got in the camera business; Walter V. Turner tried

to succeed as a common sheep-herder, and failed; as an air-brake inventor he succeeded to the extent of accumulating \$28,000,000. Daniel Guggenheim started in the lace business, but he won his fame and his millions by changing to mining engineering. Cases like these there are by the thousands. But they all tell the same story—men who barely "got by," and often failed in one line, won amazing success by getting into another line where their natural abilities worked for them instead of *against* them.

EVERY man and woman can succeed provided they get into the right line of work. And these same people—natural-born successes—will often barely make a living, and even fail, if they get into the wrong line. Winning success is largely, if not wholly, a matter of getting into the right line of effort.

Now the point is this: Do you know positively that you are in the line of work where success will come easy for you? Are you doing the kind of work for which you have natural talents? Do you know what your real talents are? Or are you just guessing and trusting to luck? Did you select your life work scientifically? Or did you just take the first well-paying job that came along? That is one of the main reasons why more people are not successful—simply because they took the first well-paying job that came along regardless of whether they were naturally fitted for it.

* * * *

ANALYZE YOURSELF. Find out your strength. Find out what you are best fitted for—then find the market where your peculiar abilities will bring the highest price. **That means success.** You will find the exact method of doing this in "SUCCESS THROUGH VOCATIONAL GUIDANCE". This book will show you how to become the biggest success with the least possible effort by helping you to determine what your special talents are and at the same time telling you where to market them to the best advantage. Great as your surprise will be when you read this book, you will be doubly surprised when you put its principles to work and see the remarkable results that will follow.

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SUCCESS comes only when you get in the right line of work. Many of the following men barely managed to make a living—often failed—when they started out. By changing to another line, for which they had natural-born talents, they won substantial success.

NAME	BUSINESS STARTED IN	BUSINESS CHANGED TO AND SUCCEEDED IN
Archbold, John D.	Grocery	Oil
Baker, George F.	Grocery	Banking
Bedford, A. G.	Retail	Oil
Bell, Alexander G.	Teacher	Telephone
Eastman, George	Insurance	Camera
Gary, Elbert H.	Law	Steel
Guggenheim, Daniel	Lace	Mining
Rosenwald, Julius	Clothing	Mail-Order
Schwab, Chas. M.	Grocery	Steel
Turner, Walter V.	Sheep-Herder	Inventor
Vanderbilt, Cornelius	Engineer	Finance
Vanderlip, Frank A.	Machinist	Banking
Willys, John N.	Laundry	Automobile
Woolworth, F. W.	Grocery and farming	Five-and-Ten-Cent Stores
Wilson, Thomas, E.	Railway Clerk	Packer

May She Invite Him Into the House?

THEY have just returned from a dance. It is rather late, but the folks are still up. Should she invite him into the house or say good-night to him at the door? Should he ask permission to go into the house with her? Should she ask him to call at some other time?

There are countless other problems that arise every day. Should a woman allow a man she knows only slightly to pay her fare on a car or train? Should a man offer his hand to a woman when he is introduced to her? When walking with two women, should a man take his place between them or on the outside?

Those who know how to act under all circumstances are usually considered charming and cultured. But those who are always committing embarrassing mistakes, who do and say the wrong thing at the wrong time, betray themselves as uncultured.

The Value of Social Knowledge

Everyone loves to attend dances and theatres, to mingle with cultured, brilliant people, to take part in social functions. Without the social knowledge which gives one polish and poise, one cannot hope to be happy and at ease in these circles. Social knowledge, or etiquette, serves as a barrier to keep the crude and unpolished out of the circles where they themselves would be embarrassed and where they would cause mortification to others.

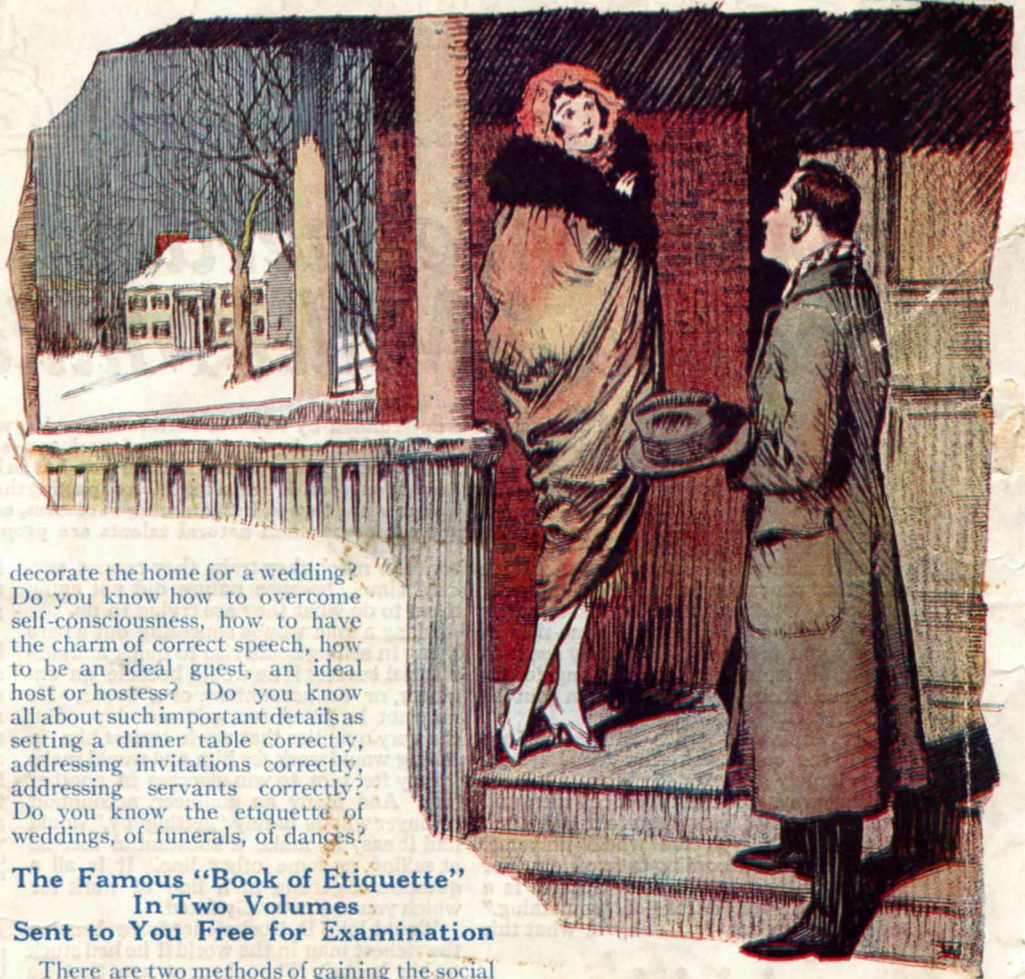
Through generations of observance in the best circles of Europe and America, these rules of etiquette have come down to us—and today those that have stood the test of time must be observed by those who wish to be well-bred, who wish to avoid embarrassment and humiliation when they come into contact with cultured people.

The man or woman who knows the rules of etiquette should be able to mingle with brilliant, cultured people and yet feel at ease, always calm and well-poised. And if one knows how to conduct oneself with grace and confidence, one will win respect and admiration no matter where one chances to be. The charm of manner has a greater power than wealth or fame—a power which admits one to the finest circles of society.

What Do YOU Know About Etiquette?

Perhaps you have often wondered what to do on a certain puzzling occasion, what to wear to some unusual entertainment, what to say under certain circumstances? Would you know, for instance, how to word a wedding announcement in the newspapers? Would you know how to acknowledge a gift received from someone who had not been invited to your wedding or party? Would you know the correct thing to wear to a formal dinner?

Do you know how to introduce a man to a woman, how to plan a tea-party, how to



decorate the home for a wedding? Do you know how to overcome self-consciousness, how to have the charm of correct speech, how to be an ideal guest, an ideal host or hostess? Do you know all about such important details as setting a dinner table correctly, addressing invitations correctly, addressing servants correctly? Do you know the etiquette of weddings, of funerals, of dances?

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Should the engaged girl embroider her linens with her own initials or the initials of her future married name?

What is the correct way to eat corn on the cob in a public dining-room?

Does the woman who marries for the second time wear a veil?

Is it correct for a woman to wear a hat in a restaurant or hotel dining-room in the evening?

Should a servant or waiter be thanked for any service?

How should wedding gifts or birthday gifts be acknowledged?

In sending an invitation or announcement to a family in which there are adult children, is it correct to use the form "and family" on the envelope.